



Chewy Fudgy Brownies

READY IN



45 min.

SERVINGS



16

CALORIES



224 kcal

DESSERT

Ingredients

- ☐ 1 cup all purpose flour
- ☐ 3 large eggs
- ☐ 1.3 cups granulated sugar
- ☐ 0.5 teaspoon salt
- ☐ 5 oz semi-sweet chocolate 70% (Scharffen Berger Cacao Bittersweet)
- ☐ 8 tablespoons butter unsalted
- ☐ 2 oz chocolate unsweetened (Hershey's)
- ☐ 3 tablespoons cocoa powder unsweetened
- ☐ 1.5 teaspoons vanilla extract

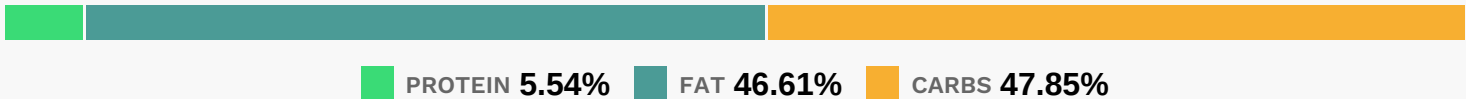
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ wire rack
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 350 degree F. Line an 8 inch metal pan with Release foil or line with regular foil and spray foil with cooking spray.Melt butter in a saucepan set over medium heat. When it's about halfway melted,add the chocolate, reduce heat to low and stir until chocolate is melted. Stir in cocoa powder.
- ☐ Remove from heat to cool slightly.
- ☐ Whisk eggs, sugar, vanilla and salt together in a mixing bowl.
- ☐ Whisk in the melted chocolate mixture.
- ☐ Add the flour and stir until blended.
- ☐ Pour into pan.If desired, place 9 walnut halves across the top. This is best for large brownies.
- ☐ Bake for 35-40 minutes.
- ☐ Let sit on a wire rack until completely cool. Chill if desired, or score into 9 large brownies or 16 small. ATK cuts theirs into 1 inch squares and gets a lot more.

Nutrition Facts



Properties

Glycemic Index:9.07, Glycemic Load:15.22, Inflammation Score:-3, Nutrition Score:5.2391304658807%

Flavonoids

Catechin: 2.89mg, Catechin: 2.89mg, Catechin: 2.89mg, Catechin: 2.89mg Epicatechin: 6.87mg, Epicatechin: 6.87mg, Epicatechin: 6.87mg, Epicatechin: 6.87mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 224.46kcal (11.22%), Fat: 12.07g (18.57%), Saturated Fat: 7.08g (44.22%), Carbohydrates: 27.89g (9.3%), Net Carbohydrates: 26.03g (9.47%), Sugar: 19g (21.11%), Cholesterol: 50.46mg (16.82%), Sodium: 89.03mg (3.87%), Alcohol: 0.13g (100%), Alcohol %: 0.3% (100%), Caffeine: 12.61mg (4.2%), Protein: 3.23g (6.46%), Manganese: 0.36mg (17.94%), Copper: 0.28mg (14.06%), Iron: 1.84mg (10.24%), Selenium: 6.86µg (9.79%), Magnesium: 34.89mg (8.72%), Fiber: 1.85g (7.42%), Phosphorus: 72.79mg (7.28%), Vitamin B2: 0.1mg (5.72%), Zinc: 0.82mg (5.49%), Folate: 20.21µg (5.05%), Vitamin B1: 0.07mg (4.95%), Vitamin A: 229.98IU (4.6%), Potassium: 117.75mg (3.36%), Vitamin B3: 0.62mg (3.08%), Vitamin E: 0.33mg (2.22%), Vitamin B5: 0.22mg (2.21%), Vitamin D: 0.29µg (1.95%), Calcium: 18.62mg (1.86%), Vitamin B12: 0.11µg (1.85%), Vitamin K: 1.55µg (1.47%), Vitamin B6: 0.02mg (1.24%)