



## Chocolate brownie cake

 Popular

READY IN



45 min.

SERVINGS



6

CALORIES



485 kcal

DESSERT

### Ingredients

- ☐ 100 g butter
- ☐ 175 g caster sugar
- ☐ 75 g muscovado sugar light
- ☐ 125 g chocolate plain ( or milk)
- ☐ 1 tbsp golden syrup
- ☐ 2 eggs
- ☐ 1 tsp vanilla extract /essence
- ☐ 100 g flour plain

- ☐ 0.5 tsp double-acting baking powder
- ☐ 2 tbsp cocoa powder

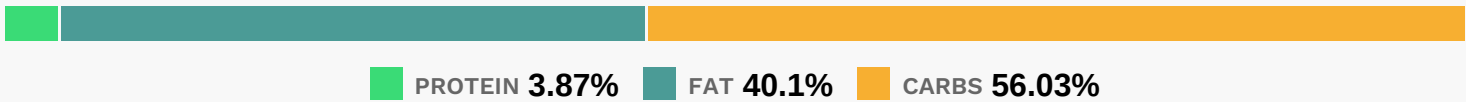
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ cake form

## Directions

- ☐ Heat oven to 180C/fan 160C/gas
- ☐ Grease and line a 20cm cake tin.
- ☐ Place the butter, caster sugar, brown sugar, chocolate and golden syrup in the pan and melt gently on a low heat until it is smooth and lump-free.
- ☐ Remove the pan from the heat.
- ☐ Break the eggs into the bowl and whisk with the fork until light and frothy. 5
- ☐ Add the eggs, vanilla extract or essence, flour, baking powder and cocoa powder to the chocolate mixture and mix thoroughly.
- ☐ Put the mixture into the greased and lined cake tin and place on the middle shelf of the oven.
- ☐ Bake for 25-30 mins.
- ☐ Remove and allow to cool for 20-30 mins before cutting into wedges and serving.
- ☐ Serve with cream or ice cream and plenty of fresh fruit.

## Nutrition Facts



## Properties

Glycemic Index:65.45, Glycemic Load:36.37, Inflammation Score:-4, Nutrition Score:7.1021739399951%

## Flavonoids

Catechin: 1.17mg, Catechin: 1.17mg, Catechin: 1.17mg, Catechin: 1.17mg Epicatechin: 3.54mg, Epicatechin: 3.54mg, Epicatechin: 3.54mg, Epicatechin: 3.54mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 484.61kcal (24.23%), Fat: 22.54g (34.68%), Saturated Fat: 13.38g (83.63%), Carbohydrates: 70.87g (23.62%), Net Carbohydrates: 68.61g (24.95%), Sugar: 55.09g (61.21%), Cholesterol: 90.39mg (30.13%), Sodium: 176.53mg (7.68%), Alcohol: 0.24g (100%), Alcohol %: 0.26% (100%), Caffeine: 17.89mg (5.96%), Protein: 4.89g (9.78%), Selenium: 11.49µg (16.41%), Manganese: 0.3mg (15.03%), Vitamin B2: 0.22mg (12.68%), Copper: 0.23mg (11.54%), Iron: 2.01mg (11.14%), Phosphorus: 103.82mg (10.38%), Vitamin A: 495.7IU (9.91%), Magnesium: 39.6mg (9.9%), Folate: 39.22µg (9.8%), Vitamin B1: 0.14mg (9.55%), Fiber: 2.26g (9.05%), Vitamin B3: 1.2mg (5.99%), Calcium: 55.29mg (5.53%), Zinc: 0.76mg (5.09%), Potassium: 148.17mg (4.23%), Vitamin E: 0.61mg (4.04%), Vitamin B5: 0.35mg (3.52%), Vitamin B12: 0.16µg (2.65%), Vitamin K: 2.62µg (2.49%), Vitamin B6: 0.05mg (2.46%), Vitamin D: 0.29µg (1.96%)