

Chocolate Chip Brownies

READY IN



40 min.

SERVINGS



48

CALORIES



163 kcal

DESSERT

Ingredients

- 0.5 cup cocoa powder
- 1 teaspoon double-acting baking powder
- 1 cup butter softened
- 6 eggs
- 2.3 cups flour all-purpose
- 0.5 teaspoon salt
- 6 ounces semi chocolate chips
- 3 cups sugar
- 1 cup vanilla white

- 1 tablespoon vanilla extract
- 1 cup walnut pieces chopped

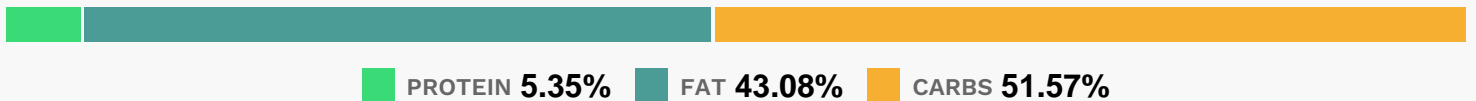
Equipment

- bowl
- oven
- baking pan
- toothpicks

Directions

- In a large bowl, cream butter and sugar until light and fluffy.
- Add eggs and vanilla; mix well.
- Combine the flour, cocoa, baking powder and salt; gradually add to creamed mixture just until blended (do not overmix).
- Pour into two greased 9-in. square baking pans.
- Sprinkle with chips and nuts.
- Bake at 350° for 30–35 minutes or until toothpick inserted near the center comes out clean. Cool.

Nutrition Facts



Properties

Glycemic Index:6.4, Glycemic Load:12.02, Inflammation Score:-2, Nutrition Score:3.0756521318918%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Catechin: 0.58mg, Catechin: 0.58mg, Catechin: 0.58mg, Catechin: 0.58mg Epicatechin: 1.76mg, Epicatechin: 1.76mg, Epicatechin: 1.76mg, Epicatechin: 1.76mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 163.03kcal (8.15%), Fat: 7.53g (11.58%), Saturated Fat: 3.61g (22.59%), Carbohydrates: 20.28g (6.76%), Net Carbohydrates: 19.34g (7.03%), Sugar: 14.48g (16.09%), Cholesterol: 30.84mg (10.28%), Sodium: 72.52mg (3.15%),

Alcohol: 1.58g (100%), Alcohol %: 4.99% (100%), Caffeine: 5.11mg (1.7%), Protein: 2.1g (4.21%), Manganese: 0.22mg (10.86%), Copper: 0.13mg (6.68%), Selenium: 4.34µg (6.2%), Iron: 0.81mg (4.5%), Phosphorus: 44.68mg (4.47%), Magnesium: 17.18mg (4.29%), Vitamin B2: 0.07mg (4.12%), Folate: 16.12µg (4.03%), Vitamin B1: 0.06mg (3.94%), Fiber: 0.94g (3.75%), Vitamin A: 150.14IU (3%), Zinc: 0.35mg (2.35%), Vitamin B3: 0.45mg (2.24%), Potassium: 66.54mg (1.9%), Calcium: 16.37mg (1.64%), Vitamin B5: 0.14mg (1.44%), Vitamin B6: 0.03mg (1.43%), Vitamin E: 0.21mg (1.4%), Vitamin B12: 0.06µg (1.06%)