



Chocolate Ginger Brownies

 Vegetarian

READY IN



40 min.

SERVINGS



16

CALORIES



195 kcal

DESSERT

Ingredients

- ☐ 150 g butter
- ☐ 2 tbsp cocoa powder & 3 tsp ground ginger
- ☐ 150 g chocolate dark
- ☐ 2 large eggs beaten
- ☐ 112 g flour plain
- ☐ 1 pinch salt
- ☐ 150 g caster sugar

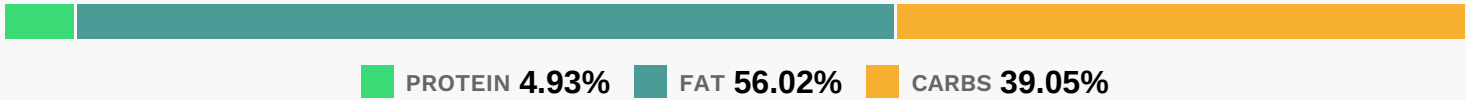
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat the oven to 160c fan/180c/350f/gas mark 4.
- ☐ Melt the butter, sugar and chocolate in a bowl over a pan of simmering water. Make sure the bottom of the bowl does not touch the water. Take of the heat and leave to cool a little.
- ☐ Beat in the eggs.
- ☐ Mix the cocoa and salt into the flour, then pour into the chocolate mix and fold in until well combined.
- ☐ Pour the mixture into a brownie tray and bake for 25 minutes.
- ☐ Cut into 16 squares and dive in.

Nutrition Facts



Properties

Glycemic Index:13.63, Glycemic Load:11.17, Inflammation Score:-3, Nutrition Score:4.1365217333255%

Flavonoids

Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg Epicatechin: 1.33mg, Epicatechin: 1.33mg, Epicatechin: 1.33mg, Epicatechin: 1.33mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 195.33kcal (9.77%), Fat: 12.39g (19.05%), Saturated Fat: 7.38g (46.1%), Carbohydrates: 19.42g (6.47%), Net Carbohydrates: 17.96g (6.53%), Sugar: 11.66g (12.96%), Cholesterol: 43.69mg (14.56%), Sodium: 73.83mg (3.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 9.05mg (3.02%), Protein: 2.45g (4.91%), Manganese: 0.26mg (12.92%), Copper: 0.21mg (10.32%), Iron: 1.65mg (9.17%), Selenium: 5.18µg (7.39%), Magnesium: 27.22mg (6.81%), Fiber: 1.46g (5.84%), Phosphorus: 56.01mg (5.6%), Vitamin A: 271.69IU (5.43%), Vitamin B2: 0.08mg (4.53%), Vitamin B1: 0.06mg (4.11%), Folate: 16.24µg (4.06%), Zinc: 0.5mg (3.3%), Potassium: 95.84mg (2.74%), Vitamin B3: 0.54mg (2.68%), Vitamin E: 0.34mg (2.29%), Vitamin B5: 0.18mg (1.78%), Vitamin B12: 0.1µg (1.63%), Calcium: 14.6mg (1.46%), Vitamin K: 1.4µg (1.33%)