



## Chocolate-Glazed Brownies

 Dairy Free

READY IN



45 min.

SERVINGS



18

CALORIES



431 kcal

DESSERT

### Ingredients

- ☐ 0.5 teaspoon baking soda
- ☐ 0.7 cup butter
- ☐ 4 large eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 1 cup pecans toasted chopped
- ☐ 0.5 teaspoon salt
- ☐ 4 cups semi chocolate chips divided
- ☐ 1 cup sugar

- ☐ 1 teaspoon vanilla extract
- ☐ 0.3 cup water

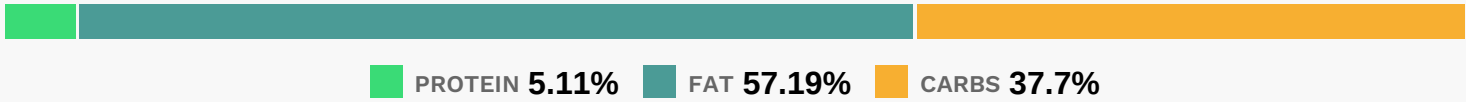
## Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ wire rack

## Directions

- ☐ Cook first 3 ingredients in a large saucepan over high heat, stirring constantly, until sugar melts.
- ☐ Add 2 cups chocolate morsels and vanilla extract, stirring until mixture is smooth.
- ☐ Let cool 15 minutes.
- ☐ Add flour, baking soda, and salt to cooled chocolate mixture, stirring until blended; stir in eggs and chopped pecans until blended.
- ☐ Spread brownie batter into a greased and floured 13- x 9-inch pan.
- ☐ Bake at 325 for 30 minutes.
- ☐ Sprinkle remaining 2 cups chocolate morsels evenly over warm brownies, and let stand 5 minutes to soften.
- ☐ Spread over top. Cool on a wire rack.

## Nutrition Facts



## Properties

Glycemic Index:8.62, Glycemic Load:13.53, Inflammation Score:-5, Nutrition Score:10.325652188905%

## Flavonoids

Cyanidin: 0.65mg, Cyanidin: 0.65mg, Cyanidin: 0.65mg, Cyanidin: 0.65mg Delphinidin: 0.44mg, Delphinidin: 0.44mg, Delphinidin: 0.44mg, Delphinidin: 0.44mg Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg,

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Epigallocatechin 3–gallate: 0.14mg

**Nutrients (% of daily need)**

Calories: 431.12kcal (21.56%), Fat: 27.65g (42.53%), Saturated Fat: 10.95g (68.47%), Carbohydrates: 41.01g (13.67%),  
Net Carbohydrates: 36.95g (13.44%), Sugar: 26.11g (29.01%), Cholesterol: 43.73mg (14.58%), Sodium: 194.56mg  
(8.46%), Alcohol: 0.08g (100%), Alcohol %: 0.11% (100%), Caffeine: 34.4mg (11.47%), Protein: 5.56g (11.11%),  
Manganese: 0.88mg (43.89%), Copper: 0.6mg (29.82%), Magnesium: 81.67mg (20.42%), Iron: 3.37mg (18.7%), Fiber:  
4.06g (16.25%), Phosphorus: 155.97mg (15.6%), Selenium: 10.6µg (15.14%), Zinc: 1.55mg (10.35%), Vitamin B1: 0.14mg  
(9.32%), Potassium: 282.2mg (8.06%), Vitamin B2: 0.14mg (7.95%), Vitamin A: 384.12IU (7.68%), Folate: 25.7µg  
(6.43%), Vitamin B3: 1.03mg (5.16%), Vitamin E: 0.7mg (4.7%), Calcium: 39.62mg (3.96%), Vitamin B5: 0.4mg  
(3.95%), Vitamin K: 3.16µg (3.01%), Vitamin B12: 0.18µg (2.99%), Vitamin B6: 0.05mg (2.53%), Vitamin D: 0.22µg  
(1.48%)