



Chocolate-Walnut Brownies

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



923 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 1 cup firmly brown sugar light packed
- ☐ 1 cup butter
- ☐ 3 large eggs
- ☐ 1.8 cups flour all-purpose
- ☐ 1 teaspoon salt
- ☐ 8 ounces bittersweet chocolate cut into pieces
- ☐ 12 servings strawberries

- ☐ 1 cup sugar
- ☐ 2 teaspoons vanilla extract
- ☐ 12 servings whipped cream
- ☐ 12 servings chocolate-walnut ganache
- ☐ 1 cup walnuts chopped
- ☐ 12 servings whipped cream

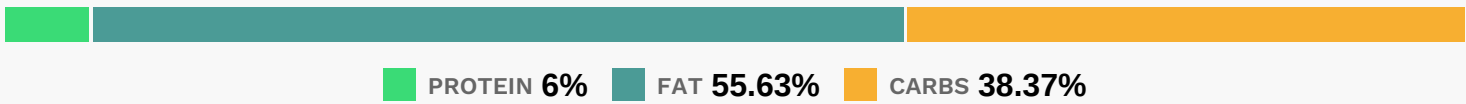
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Combine butter and chocolate in a large, heavy saucepan over low heat. Cook, stirring occasionally, just until butter and chocolate melt.
- ☐ Remove from heat.
- ☐ Stir in brown sugar and next 3 ingredients.
- ☐ Combine flour, baking powder, and salt. Stir into chocolate mixture. Stir in walnuts.
- ☐ Pour batter into a foil-lined 13- x 9-inch baking dish.
- ☐ Bake at 350 for 30 minutes. Cool and cut into squares. Top with ice cream, Chocolate-Walnut Ganache, strawberries, and whipped cream.

Nutrition Facts



Properties

Glycemic Index:40.26, Glycemic Load:35.21, Inflammation Score:-8, Nutrition Score:26.963478067647%

Flavonoids

Cyanidin: 3.5mg, Cyanidin: 3.5mg, Cyanidin: 3.5mg, Cyanidin: 3.5mg Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 35.78mg, Pelargonidin: 35.78mg, Pelargonidin: 35.78mg, Pelargonidin: 35.78mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 4.48mg, Catechin: 4.48mg, Catechin: 4.48mg, Catechin: 4.48mg Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg Epicatechin 3–gallate: 0.22mg, Epicatechin 3–gallate: 0.22mg, Epicatechin 3–gallate: 0.22mg, Epicatechin 3–gallate: 0.22mg Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 923.22kcal (46.16%), Fat: 58.95g (90.68%), Saturated Fat: 22.08g (137.98%), Carbohydrates: 91.47g (30.49%), Net Carbohydrates: 83.46g (30.35%), Sugar: 64.1g (71.22%), Cholesterol: 121.9mg (40.63%), Sodium: 413.97mg (18%), Alcohol: 0.23g (100%), Alcohol %: 0.08% (100%), Caffeine: 16.25mg (5.42%), Protein: 14.31g (28.61%), Manganese: 2.31mg (115.55%), Vitamin C: 85.58mg (103.74%), Copper: 1mg (49.92%), Phosphorus: 349.28mg (34.93%), Magnesium: 132.36mg (33.09%), Fiber: 8.01g (32.04%), Folate: 116.98µg (29.25%), Vitamin B2: 0.42mg (24.72%), Vitamin B1: 0.35mg (23.64%), Iron: 4.23mg (23.51%), Selenium: 15.91µg (22.73%), Calcium: 203.9mg (20.39%), Potassium: 710.01mg (20.29%), Zinc: 2.72mg (18.15%), Vitamin B6: 0.36mg (17.96%), Vitamin A: 893.87IU (17.88%), Vitamin B5: 1.18mg (11.82%), Vitamin B3: 2.36mg (11.78%), Vitamin E: 1.62mg (10.83%), Vitamin B12: 0.45µg (7.54%), Vitamin K: 7.33µg (6.98%), Vitamin D: 0.41µg (2.71%)