



Chunky Chocolate Brownies

READY IN



45 min.

SERVINGS



9

CALORIES



462 kcal

DESSERT

Ingredients

- ☐ 0.3 cup butter
- ☐ 11.5 ounce bittersweet chocolate divided
- ☐ 2 large eggs
- ☐ 0.8 cup flour all-purpose
- ☐ 0.8 cup granulated sugar
- ☐ 0.5 cup hazelnuts toasted chopped
- ☐ 9 servings powdered sugar
- ☐ 0.3 teaspoon salt
- ☐ 1 teaspoon vanilla extract

☐ 2 tablespoons water

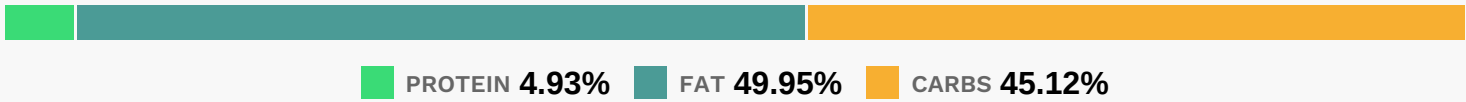
Equipment

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

Directions

- ☐ Combine first 3 ingredients in a 3 1/2-quart saucepan. Bring to a boil over medium heat, stirring constantly.
- ☐ Remove from heat, and stir in 1 cup chocolate chunks until smooth.
- ☐ Let cool 5 minutes.
- ☐ Add eggs, 1 at a time, stirring just until blended. Stir in vanilla.
- ☐ Combine flour and salt; stir in remaining chocolate chunks and hazelnuts. Stir flour mixture into chocolate mixture in saucepan.
- ☐ Spread into a lightly greased 9-inch square pan.
- ☐ Bake at 325 for 23 to 28 minutes. Cool in pan on a wire rack. Dust with powdered sugar.
- ☐ Cut into squares.

Nutrition Facts



Properties

Glycemic Index:23.34, Glycemic Load:17.46, Inflammation Score:-5, Nutrition Score:10.663478353749%

Flavonoids

Cyanidin: 0.45mg, Cyanidin: 0.45mg, Cyanidin: 0.45mg, Cyanidin: 0.45mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg

Nutrients (% of daily need)

Calories: 462.26kcal (23.11%), Fat: 25.96g (39.94%), Saturated Fat: 12.96g (81.02%), Carbohydrates: 52.78g (17.59%), Net Carbohydrates: 48.95g (17.8%), Sugar: 38.18g (42.42%), Cholesterol: 61.58mg (20.53%), Sodium: 138.8mg (6.03%), Alcohol: 0.15g (100%), Alcohol %: 0.19% (100%), Caffeine: 31.15mg (10.38%), Protein: 5.76g (11.53%), Manganese: 0.97mg (48.4%), Copper: 0.59mg (29.62%), Magnesium: 78.5mg (19.63%), Iron: 3.3mg (18.31%), Fiber: 3.83g (15.3%), Phosphorus: 148.81mg (14.88%), Selenium: 10.38µg (14.82%), Vitamin E: 1.53mg (10.21%), Vitamin B1: 0.14mg (9.41%), Zinc: 1.35mg (9%), Folate: 32.07µg (8.02%), Potassium: 280.39mg (8.01%), Vitamin B2: 0.14mg (7.97%), Vitamin A: 289.55IU (5.79%), Vitamin B3: 1.05mg (5.26%), Calcium: 40.3mg (4.03%), Vitamin K: 4.21µg (4.01%), Vitamin B5: 0.4mg (3.95%), Vitamin B6: 0.07mg (3.68%), Vitamin B12: 0.18µg (2.97%), Vitamin D: 0.22µg (1.48%)