



Classic Fudge-Walnut Brownies

READY IN



45 min.

SERVINGS



20

CALORIES



193 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.5 cup brown sugar packed
- ☐ 6 tablespoons butter melted
- ☐ 1 cup bittersweet chocolate divided
- ☐ 2 large eggs lightly beaten
- ☐ 0.3 cup skim milk fat-free
- ☐ 0.8 cup flour all-purpose
- ☐ 1 cup granulated sugar
- ☐ 0.3 teaspoon salt

- ☐ 0.8 cup cocoa powder unsweetened
- ☐ 1 teaspoon vanilla extract
- ☐ 0.5 cup walnut pieces divided chopped

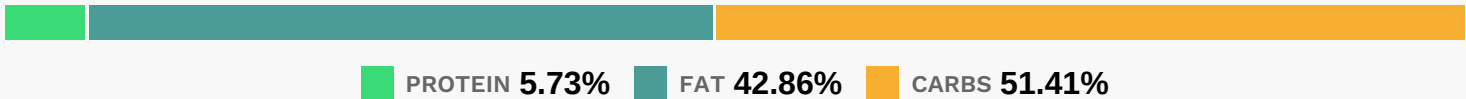
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ baking pan
- ☐ microwave
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35
- ☐ Weigh or lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour and next 5 ingredients (through salt) in a large bowl.
- ☐ Combine 1/2 cup chocolate and milk in a microwave-safe bowl; microwave at HIGH 1 minute, stirring after 30 seconds. Stir in butter, vanilla, and eggs.
- ☐ Add milk mixture, 1/2 cup chocolate, and 1/4 cup nuts to flour mixture; stir to combine.
- ☐ Pour the batter into a 9-inch square metal baking pan coated with cooking spray; sprinkle with remaining 1/4 cup nuts.
- ☐ Bake at 350 for 22 minutes or until a wooden pick inserted in center comes out with moist crumbs clinging. Cool in pan on a wire rack.
- ☐ Cut into 20 pieces.

Nutrition Facts



Properties

Glycemic Index:17.02, Glycemic Load:9.7, Inflammation Score:-3, Nutrition Score:4.8773913145389%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Catechin: 2.09mg, Catechin: 2.09mg, Catechin: 2.09mg, Catechin: 2.09mg Epicatechin: 6.33mg, Epicatechin: 6.33mg, Epicatechin: 6.33mg, Epicatechin: 6.33mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 192.89kcal (9.64%), Fat: 9.66g (14.87%), Saturated Fat: 4.69g (29.32%), Carbohydrates: 26.08g (8.69%), Net Carbohydrates: 23.86g (8.68%), Sugar: 18.93g (21.03%), Cholesterol: 28.28mg (9.43%), Sodium: 78.81mg (3.43%), Alcohol: 0.07g (100%), Alcohol %: 0.18% (100%), Caffeine: 14.94mg (4.98%), Protein: 2.91g (5.82%), Manganese: 0.38mg (18.87%), Copper: 0.29mg (14.59%), Magnesium: 38.87mg (9.72%), Fiber: 2.22g (8.86%), Iron: 1.45mg (8.04%), Phosphorus: 79.3mg (7.93%), Selenium: 4.71µg (6.73%), Zinc: 0.66mg (4.43%), Vitamin B2: 0.07mg (4.2%), Potassium: 139.11mg (3.97%), Folate: 15.09µg (3.77%), Vitamin B1: 0.06mg (3.77%), Calcium: 32.9mg (3.29%), Vitamin A: 145.25IU (2.9%), Vitamin B3: 0.47mg (2.35%), Vitamin B6: 0.04mg (1.89%), Vitamin B5: 0.17mg (1.75%), Vitamin E: 0.23mg (1.52%), Vitamin B12: 0.09µg (1.52%), Vitamin K: 1.11µg (1.06%)