

# Cocoa Brownies

 Vegetarian

READY IN



75 min.

SERVINGS



16

CALORIES



305 kcal

DESSERT

## Ingredients

- 1 cup brown sugar sifted
- 8 ounces butter melted
- 16 servings butter soft for greasing the pan
- 2.8 cups cocoa sifted
- 4 large eggs
- 0.5 cup flour sifted
- 0.5 teaspoon kosher salt
- 1 cup sugar sifted

2 teaspoons vanilla extract

## Equipment

frying pan

oven

whisk

blender

toothpicks

## Directions

Watch how to make this recipe.

Preheat the oven to 300 degrees F. Butter and flour an 8-inch square pan.

In a mixer fitted with a whisk attachment, beat the eggs at medium speed until fluffy and light yellow.

Add both sugars.

Add remaining ingredients, and mix to combine.

Pour the batter into a greased and floured 8-inch square pan and bake for 45 minutes. Check for doneness with the tried-and-true toothpick method: a toothpick inserted into the center of the pan should come out clean. When it's done, remove to a rack to cool. Resist the temptation to cut into it until it's mostly cool.

## Nutrition Facts



**PROTEIN 5.94%** **FAT 49.82%** **CARBS 44.24%**

## Properties

Glycemic Index:15.32, Glycemic Load:10.89, Inflammation Score:-6, Nutrition Score:8.8969564748847%

## Flavonoids

Catechin: 9.58mg, Catechin: 9.58mg, Catechin: 9.58mg, Catechin: 9.58mg Epicatechin: 29.03mg, Epicatechin: 29.03mg, Epicatechin: 29.03mg, Epicatechin: 29.03mg Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg

## Nutrients (% of daily need)

Calories: 305.09kcal (15.25%), Fat: 18.84g (28.99%), Saturated Fat: 11.45g (71.54%), Carbohydrates: 37.64g (12.55%), Net Carbohydrates: 32.07g (11.66%), Sugar: 26.2g (29.11%), Cholesterol: 87.73mg (29.24%), Sodium: 220.92mg (9.61%), Alcohol: 0.17g (100%), Alcohol %: 0.28% (100%), Caffeine: 34mg (11.33%), Protein: 5.06g (10.11%), Manganese: 0.61mg (30.4%), Copper: 0.58mg (29.13%), Fiber: 5.57g (22.3%), Magnesium: 77.8mg (19.45%), Phosphorus: 142.65mg (14.26%), Iron: 2.56mg (14.24%), Selenium: 7.71µg (11.01%), Vitamin A: 546.68IU (10.93%), Zinc: 1.22mg (8.12%), Potassium: 270mg (7.71%), Vitamin B2: 0.12mg (7.14%), Folate: 18.47µg (4.62%), Calcium: 42.75mg (4.27%), Vitamin E: 0.59mg (3.95%), Vitamin B1: 0.05mg (3.21%), Vitamin B3: 0.59mg (2.94%), Vitamin B5: 0.29mg (2.86%), Vitamin B12: 0.14µg (2.4%), Vitamin B6: 0.05mg (2.34%), Vitamin K: 1.76µg (1.68%), Vitamin D: 0.25µg (1.67%)