



Cocoa Brownies

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



139 kcal

DESSERT

Ingredients

- ☐ 0.8 cup cocoa powder unsweetened
- ☐ 2 large eggs
- ☐ 0.3 cup flour all-purpose
- ☐ 0.5 teaspoon kosher salt
- ☐ 1.3 cups sugar
- ☐ 0.5 cup butter unsalted cut into 1" pieces (1 stick)
- ☐ 1 teaspoon vanilla extract

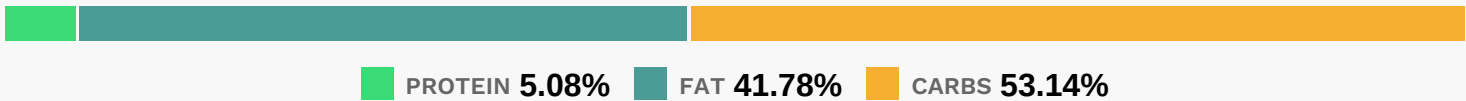
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ toothpicks
- ☐ cutting board
- ☐ glass baking pan

Directions

- ☐ Preheat oven to 325°F. Line an 8x8x2" glass baking dish with foil, pressing firmly into pan and leaving a 2" overhang. Coat foil with nonstick spray; set baking dish aside.
- ☐ Melt butter in a small saucepan over medium heat.
- ☐ Let cool slightly.
- ☐ Whisk sugar, cocoa, and salt in a medium bowl to combine.
- ☐ Pour butter in a steady stream into dry ingredients, whisking constantly to blend.
- ☐ Whisk in vanilla.
- ☐ Add eggs one at a time, beating vigorously to blend after each addition.
- ☐ Add flour and stir until just combined (do not overmix). Scrape batter into prepared pan; smooth top.
- ☐ Bake until top begins to crack and a toothpick inserted into the center comes out with a few moist crumbs attached, 25–30 minutes.
- ☐ Transfer pan to a wire rack; let cool completely in pan. Using foil overhang, lift brownie out of pan; transfer to a cutting board.
- ☐ Cut into 16 squares.

Nutrition Facts



Properties

Glycemic Index:9.07, Glycemic Load:12.35, Inflammation Score:-2, Nutrition Score:2.9721738981164%

Flavonoids

Catechin: 2.61mg, Catechin: 2.61mg, Catechin: 2.61mg, Catechin: 2.61mg Epicatechin: 7.92mg, Epicatechin: 7.92mg, Epicatechin: 7.92mg, Epicatechin: 7.92mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Nutrients (% of daily need)

Calories: 139.35kcal (6.97%), Fat: 6.98g (10.73%), Saturated Fat: 4.17g (26.06%), Carbohydrates: 19.96g (6.65%), Net Carbohydrates: 18.4g (6.69%), Sugar: 15.73g (17.48%), Cholesterol: 38.5mg (12.83%), Sodium: 83.4mg (3.63%), Alcohol: 0.09g (100%), Alcohol %: 0.3% (100%), Caffeine: 9.27mg (3.09%), Protein: 1.91g (3.81%), Manganese: 0.18mg (8.79%), Copper: 0.16mg (8.17%), Fiber: 1.56g (6.25%), Magnesium: 21.61mg (5.4%), Selenium: 3.54µg (5.06%), Phosphorus: 46.49mg (4.65%), Iron: 0.8mg (4.45%), Vitamin A: 211.02IU (4.22%), Vitamin B2: 0.06mg (3.34%), Zinc: 0.38mg (2.55%), Folate: 9.21µg (2.3%), Potassium: 75.09mg (2.15%), Vitamin B1: 0.03mg (1.76%), Vitamin E: 0.24mg (1.57%), Vitamin D: 0.23µg (1.54%), Vitamin B5: 0.13mg (1.25%), Vitamin B3: 0.25mg (1.25%), Vitamin B12: 0.07µg (1.13%), Calcium: 10.98mg (1.1%)