



Cook the Book: The Serious Eats Chocolate Lover's Library

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



192 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 inch baking mix
- ☐ 2 large eggs cold
- ☐ 0.5 cup flour all-purpose
- ☐ 0.7 cup pecans
- ☐ 0.3 teaspoon salt
- ☐ 1.3 cups sugar
- ☐ 10 tablespoons butter unsalted ()

- ☐ 0.8 cup cocoa powder unsweetened (natural or Dutch-process)
- ☐ 0.5 teaspoon vanilla extract pure

Equipment

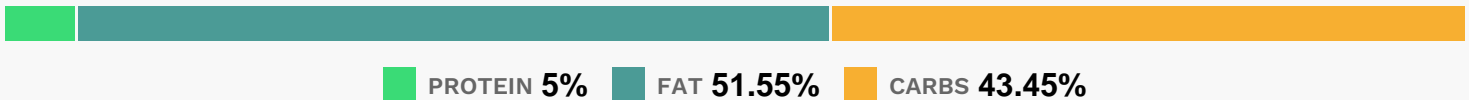
- ☐ bowl
- ☐ frying pan
- ☐ baking paper
- ☐ oven
- ☐ baking pan
- ☐ toothpicks
- ☐ wooden spoon
- ☐ aluminum foil
- ☐ spatula
- ☐ cutting board

Directions

- ☐ Position a rack in the lower third of the oven; preheat to 325°F. Line the bottom and sides of baking pan with parchment paper or foil, leaving an overhang on two opposite sides.
- ☐ Combine the butter, sugar, cocoa, and salt in a medium heatproof bowl; set bowl in a wide skillet of barely simmering water. Stir from time to time until butter is melted and mixture is smooth and hot enough that you want to remove your finger fairly quickly after dipping it in to test.
- ☐ Remove bowl from skillet; set aside briefly until mixture is only warm, not hot.
- ☐ Stir in the vanilla with a wooden spoon.
- ☐ Add the eggs one at a time, stirring vigorously after each. When batter looks thick, shiny, and well blended, add the flour; stir until you cannot see it any longer. Beat vigorously for 40 strokes with wooden spoon or rubber spatula. Stir in the nuts, if using.
- ☐ Spread evenly in lined pan.
- ☐ Bake until a toothpick inserted into center emerges slightly moist with batter, 20 to 25 minutes.

- ☐
- Let cool completely on a rack.
- ☐
- Lift up the ends of the parchment or foil liner; transfer brownies to cutting board.
- ☐
- Cut into 16 or 25 squares.
- ☐
- Note: Any unsweetened natural or Dutch-process cocoa powder works well here. Natural cocoa yields brownies with more flavor complexity and lots of tart, fruity notes. Dutch-process cocoa results in a darker brownie with a mellower, old-fashioned chocolate pudding flavor.

Nutrition Facts



Properties

Glycemic Index:9.69, Glycemic Load:13.08, Inflammation Score:-3, Nutrition Score:4.4643478085813%

Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Catechin: 2.94mg, Catechin: 2.94mg, Catechin: 2.94mg, Catechin: 2.94mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 7.96mg, Epicatechin: 7.96mg, Epicatechin: 7.96mg, Epicatechin: 7.96mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Nutrients (% of daily need)

Calories: 192.42kcal (9.62%), Fat: 11.8g (18.15%), Saturated Fat: 5.35g (33.45%), Carbohydrates: 22.38g (7.46%), Net Carbohydrates: 20.32g (7.39%), Sugar: 16.05g (17.83%), Cholesterol: 42.09mg (14.03%), Sodium: 63.47mg (2.76%), Alcohol: 0.04g (100%), Alcohol %: 0.12% (100%), Caffeine: 9.27mg (3.09%), Protein: 2.57g (5.15%), Manganese: 0.39mg (19.66%), Copper: 0.22mg (11.1%), Fiber: 2.06g (8.24%), Magnesium: 27.73mg (6.93%), Phosphorus: 68.3mg (6.83%), Selenium: 4.27µg (6.1%), Iron: 1.01mg (5.62%), Vitamin A: 255.01IU (5.1%), Vitamin B1: 0.07mg (4.94%), Vitamin B2: 0.08mg (4.42%), Zinc: 0.61mg (4.04%), Folate: 14.23µg (3.56%), Potassium: 97.38mg (2.78%), Vitamin E: 0.34mg (2.27%), Vitamin B3: 0.44mg (2.19%), Vitamin B5: 0.18mg (1.83%), Vitamin D: 0.26µg (1.71%), Calcium: 16.99mg (1.7%), Vitamin B6: 0.03mg (1.39%), Vitamin B12: 0.08µg (1.26%)