



Cranberry-pistachio brownies

 Vegetarian

READY IN



55 min.

SERVINGS



18

CALORIES



370 kcal

DESSERT

Ingredients

- ☐ 200 g butter diced for greasing
- ☐ 300 g chocolate bar plain 40% fine (cocoa solids is)
- ☐ 280 g g muscovado sugar light
- ☐ 4 tbsp 1/4 cup dried cranberry (juice sweetened if possible)
- ☐ 4 medium eggs
- ☐ 200 g flour plain
- ☐ 0.5 tsp ground cinnamon
- ☐ 75 g cranberries dried

- ☐ 100 g pistachios sliced
- ☐ 18 servings powdered sugar

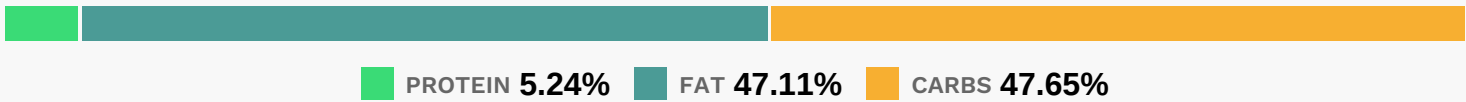
Equipment

- ☐ sauce pan
- ☐ oven

Directions

- ☐ Heat the oven to 180C/fan 160C/gas
- ☐ Butter a non-stick baking tin (about 31 x 17 x 3.5cm) or line the base if you prefer. Break the chocolate into a saucepan, add the butter, sugar and juice or milk, then warm gently, stirring frequently until melted and evenly mixed. Allow to cool slightly, then beat in the eggs one at a time. Fold in the flour, cinnamon and cranberries.
- ☐ Spread half the mixture into the prepared tin, scatter over the nuts, then gently spread the rest of the mixture on top.
- ☐ Bake for 25-30 mins.
- ☐ Cut into squares while still warm. Will keep in an airtight container for up to a week.

Nutrition Facts



Properties

Glycemic Index:12.61, Glycemic Load:7.88, Inflammation Score:-4, Nutrition Score:8.0634784076525%

Flavonoids

Cyanidin: 0.43mg, Cyanidin: 0.43mg, Cyanidin: 0.43mg, Cyanidin: 0.43mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 369.76kcal (18.49%), Fat: 19.73g (30.35%), Saturated Fat: 10.43g (65.18%), Carbohydrates: 44.89g (14.96%), Net Carbohydrates: 41.94g (15.25%), Sugar: 30.84g (34.27%), Cholesterol: 60.76mg (20.25%), Sodium: 93.74mg (4.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 13.33mg (4.44%), Protein: 4.94g (9.88%), Manganese: 0.5mg (25.19%), Copper: 0.4mg (20.11%), Iron: 3.04mg (16.87%), Magnesium: 50.37mg (12.59%), Selenium: 8.67µg (12.38%), Fiber: 2.95g (11.81%), Phosphorus: 114.02mg (11.4%), Vitamin B1: 0.15mg (9.77%), Vitamin B2: 0.13mg (7.56%), Vitamin A: 361.74IU (7.23%), Folate: 28.29µg (7.07%), Vitamin B6: 0.13mg (6.62%), Potassium: 229.93mg (6.57%), Zinc: 0.9mg (6.01%), Vitamin E: 0.72mg (4.82%), Vitamin B3: 0.96mg (4.8%), Calcium: 42.17mg (4.22%), Vitamin B5: 0.34mg (3.39%), Vitamin B12: 0.15µg (2.54%), Vitamin K: 2.57µg (2.44%), Vitamin D: 0.2µg (1.3%)