



Cupid's Best Brownies

READY IN



110 min.

SERVINGS



50

CALORIES



117 kcal

DESSERT

Ingredients

- 4 oz baker's chocolate unsweetened
- 0.8 cup butter
- 0.3 cup multi-colored sprinkles
- 3 eggs
- 1 cup flour
- 2 cups sugar
- 1 tsp vanilla
- 1 cup ready-to-spread vanilla frosting
- 1 cup planters walnuts coarsely chopped

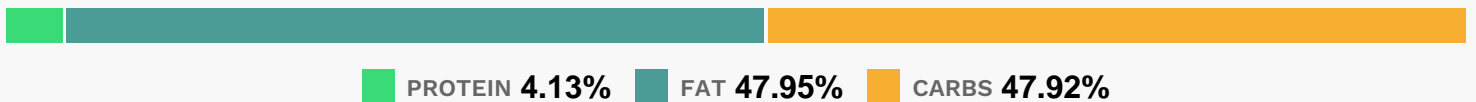
Equipment

- bowl
- frying pan
- oven
- toothpicks
- aluminum foil
- cookie cutter
- microwave

Directions

- Heat oven to 350F.
- Line 13x9-inch pan with foil, with ends of foil extending over sides; spray with cooking spray. Microwave chocolate and butter in large microwaveable bowl on HIGH 2 min. or until butter is melted. Stir until chocolate is completely melted.
- Add sugar; mix well. Blend in eggs and vanilla. Stir in flour and nuts; spread into prepared pan.
- Bake 30 to 35 min. or until toothpick inserted in center comes out with fudgy crumbs. (Do not overbake.) Cool completely.
- Use foil handles to lift brownies from pan.
- Cut into heart shapes with 2-inch cookie cutter. Reserve scraps for snacking or other use. Decorate cutouts with frosting and sprinkles.

Nutrition Facts



Properties

Glycemic Index:5.16, Glycemic Load:8.32, Inflammation Score:-1, Nutrition Score:2.1517391441309%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Catechin: 1.46mg, Catechin: 1.46mg, Catechin: 1.46mg, Catechin: 1.46mg Epicatechin: 3.22mg, Epicatechin: 3.22mg, Epicatechin: 3.22mg, Epicatechin:

3.22mg

Nutrients (% of daily need)

Calories: 117.27kcal (5.86%), Fat: 6.55g (10.07%), Saturated Fat: 2.89g (18.04%), Carbohydrates: 14.73g (4.91%), Net Carbohydrates: 14.13g (5.14%), Sugar: 11.68g (12.97%), Cholesterol: 17.14mg (5.71%), Sodium: 34.69mg (1.51%), Alcohol: 0.03g (100%), Alcohol %: 0.14% (100%), Protein: 1.27g (2.54%), Manganese: 0.19mg (9.63%), Copper: 0.12mg (5.83%), Iron: 0.64mg (3.54%), Magnesium: 12.1mg (3.03%), Selenium: 2.04µg (2.92%), Vitamin B2: 0.05mg (2.74%), Phosphorus: 26.73mg (2.67%), Fiber: 0.6g (2.4%), Zinc: 0.35mg (2.33%), Folate: 9.21µg (2.3%), Vitamin B1: 0.03mg (2.18%), Vitamin A: 99.81IU (2%), Vitamin E: 0.2mg (1.35%), Potassium: 38.1mg (1.09%), Vitamin B3: 0.22mg (1.09%), Vitamin K: 1.12µg (1.07%)