



Dark Chocolate Brownies

 Vegetarian

READY IN



45 min.

SERVINGS



9

CALORIES



337 kcal

DESSERT

Ingredients

- 0.3 lb butter
- 2 large eggs
- 0.5 cup flour all-purpose
- 1.3 cups sugar
- 3 ounces chocolate unsweetened chopped
- 1 teaspoon vanilla
- 0.5 cup walnuts chopped

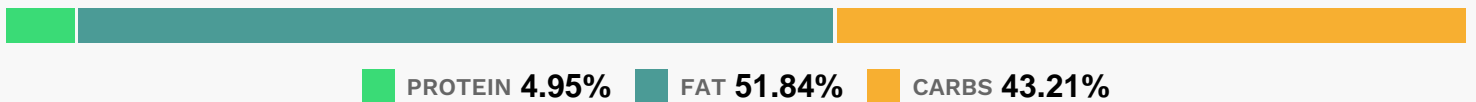
Equipment

- frying pan
- oven
- knife
- baking pan

Directions

- In a 2- to 3-quart pan over low heat, frequently stir butter and chocolate until melted and smooth.
- Remove from heat and stir in sugar, eggs, vanilla, flour, and walnuts until well blended.
- Spread batter evenly in a buttered and floured 8-inch square baking pan.
- Bake in a 350 oven until edges feel firm to touch and begin to turn a shade darker, 25 to 30 minutes.
- Run a knife between pan rim and brownie. If desired, spread with chocolate glaze.
- Let cool in pan on a rack, about 1 hour.
- Cut into 9 or 16 squares.
- Chocolate glaze. In a 1- to 2-quart pan over low heat, frequently stir 1/3 cup whipping cream and 1 cup (6 oz.) semisweet chocolate chips until melted and smooth. Stir in 1 teaspoon vanilla. Use warm.

Nutrition Facts



Properties

Glycemic Index:23.9, Glycemic Load:24.61, Inflammation Score:-4, Nutrition Score:7.2934781355054%

Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Catechin: 6.08mg, Catechin: 6.08mg, Catechin: 6.08mg, Catechin: 6.08mg Epicatechin: 13.4mg, Epicatechin: 13.4mg, Epicatechin: 13.4mg, Epicatechin: 13.4mg

Nutrients (% of daily need)

Calories: 336.71kcal (16.84%), Fat: 20.62g (31.72%), Saturated Fat: 10.29g (64.32%), Carbohydrates: 38.66g (12.89%), Net Carbohydrates: 36.47g (13.26%), Sugar: 29.95g (33.28%), Cholesterol: 68.42mg (22.81%), Sodium:

99.67mg (4.33%), Alcohol: 0.15g (100%), Alcohol %: 0.25% (100%), Caffeine: 7.56mg (2.52%), Protein: 4.43g (8.86%), Manganese: 0.67mg (33.42%), Copper: 0.43mg (21.46%), Iron: 2.37mg (13.16%), Magnesium: 44.34mg (11.08%), Selenium: 7.15µg (10.22%), Phosphorus: 92.84mg (9.28%), Zinc: 1.32mg (8.78%), Fiber: 2.19g (8.77%), Vitamin A: 376.17IU (7.52%), Folate: 27.32µg (6.83%), Vitamin B2: 0.11mg (6.74%), Vitamin B1: 0.1mg (6.38%), Potassium: 134.14mg (3.83%), Vitamin E: 0.5mg (3.31%), Vitamin B3: 0.63mg (3.13%), Vitamin B6: 0.06mg (2.99%), Vitamin B5: 0.27mg (2.68%), Calcium: 26.55mg (2.65%), Vitamin B12: 0.12µg (2.01%), Vitamin K: 2.03µg (1.93%), Vitamin D: 0.22µg (1.48%)