



Dark Chocolate Brownies

READY IN



45 min.

SERVINGS



24

CALORIES



178 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon baking soda
- ☐ 8 ounces bittersweet chocolate coarsely chopped
- ☐ 0.3 cup canola oil
- ☐ 0.3 cup natural cocoa powder unsweetened
- ☐ 4 large eggs
- ☐ 1 cup brown sugar light packed
- ☐ 0.5 cup yogurt plain low-fat
- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons butter unsalted

- ☐ 2 teaspoons vanilla extract
- ☐ 0.8 cup walnuts chopped
- ☐ 1 cup grain pastry flour whole

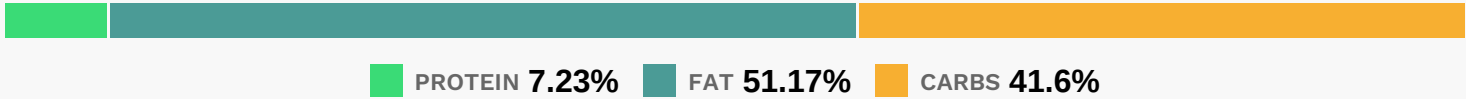
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ pot
- ☐ double boiler
- ☐ baking pan
- ☐ toothpicks

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 350 degrees. Coat a 9 x 13inch baking pan with cooking spray.
- ☐ Melt the chocolate and butter in a double boiler or heatproof bowl set over a pot of barely simmering water, stirring occasionally.
- ☐ In a medium bowl, whisk together the flour, cocoa, salt, and baking soda.
- ☐ In a large bowl whisk the eggs and sugar until smooth.
- ☐ Add the yogurt, oil and vanilla and whisk to combine.
- ☐ Add the chocolate-butter mixture and whisk until blended.
- ☐ Add the flour mixture and mix until just moistened.
- ☐ Transfer the mixture to the prepared pan and sprinkle with nuts if using.
- ☐ Bake for 20-25 minutes, until a wooden toothpick inserted in the center comes out with a few moist crumbs. Cool completely in the pan on a wire rack.
- ☐ Cut into 24 squares.

Nutrition Facts



Properties

Glycemic Index:0.83, Glycemic Load:0.05, Inflammation Score:-2, Nutrition Score:5.2491304867941%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Catechin: 0.58mg, Catechin: 0.58mg, Catechin: 0.58mg, Catechin: 0.58mg Epicatechin: 1.76mg, Epicatechin: 1.76mg, Epicatechin: 1.76mg, Epicatechin: 1.76mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 177.59kcal (8.88%), Fat: 10.4g (16.01%), Saturated Fat: 3.48g (21.77%), Carbohydrates: 19.03g (6.34%), Net Carbohydrates: 17.16g (6.24%), Sugar: 12.93g (14.36%), Cholesterol: 34.38mg (11.46%), Sodium: 55.06mg (2.39%), Alcohol: 0.11g (100%), Alcohol %: 0.32% (100%), Caffeine: 10.19mg (3.4%), Protein: 3.31g (6.62%), Manganese: 0.5mg (24.85%), Copper: 0.24mg (12.1%), Selenium: 7.04µg (10.06%), Magnesium: 36.49mg (9.12%), Phosphorus: 86.16mg (8.62%), Fiber: 1.87g (7.47%), Iron: 1.22mg (6.8%), Zinc: 0.71mg (4.74%), Vitamin E: 0.64mg (4.28%), Vitamin B2: 0.07mg (4.13%), Potassium: 137.89mg (3.94%), Calcium: 34.24mg (3.42%), Vitamin B6: 0.06mg (3.24%), Vitamin B1: 0.05mg (3.13%), Folate: 10.67µg (2.67%), Vitamin K: 2.68µg (2.55%), Vitamin B5: 0.25mg (2.53%), Vitamin B3: 0.41mg (2.06%), Vitamin B12: 0.12µg (2.03%), Vitamin A: 82.66IU (1.65%), Vitamin D: 0.18µg (1.23%)