



Dark Chocolate Brownies

 Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



295 kcal

DESSERT

Ingredients

- ☐ 6 ounces bittersweet chocolate
- ☐ 1 cup butter
- ☐ 4 large eggs
- ☐ 1 cup flour all-purpose divided
- ☐ 0.1 teaspoon salt
- ☐ 6 ounces semisweet chocolate morsels
- ☐ 2 cups sugar
- ☐ 1 tablespoon vanilla extract

☐ 1.5 cups walnuts chopped

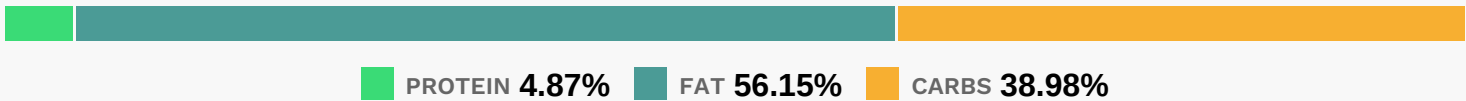
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ microwave

Directions

- ☐ Microwave butter and bittersweet chocolate in a 2-quart glass bowl at HIGH 1 1/2 minutes or until chocolate is melted, stirring mixture twice.
- ☐ Whisk in 2 cups sugar, eggs, and vanilla extract.
- ☐ Toss together 1 tablespoon flour, walnuts, and chocolate morsels.
- ☐ Stir remaining flour and salt into sugar mixture.
- ☐ Add walnut mixture.
- ☐ Spread batter into a lightly greased 13- x 9-inch pan.
- ☐ Bake at 350 for 30 to 40 minutes. (A wooden pick inserted in center will not come out clean.) Cool on a wire rack.
- ☐ *Bourbon may be substituted for vanilla extract.

Nutrition Facts



Properties

Glycemic Index:6.88, Glycemic Load:14.61, Inflammation Score:-4, Nutrition Score:5.7378260525672%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg

Nutrients (% of daily need)

Calories: 294.5kcal (14.73%), Fat: 18.71g (28.78%), Saturated Fat: 5.42g (33.87%), Carbohydrates: 29.22g (9.74%), Net Carbohydrates: 27.46g (9.98%), Sugar: 22.14g (24.6%), Cholesterol: 31.85mg (10.62%), Sodium: 115.02mg (5%), Alcohol: 0.19g (100%), Alcohol %: 0.38% (100%), Caffeine: 12.19mg (4.06%), Protein: 3.65g (7.3%), Manganese: 0.48mg (23.86%), Copper: 0.31mg (15.41%), Magnesium: 39mg (9.75%), Phosphorus: 86.49mg (8.65%), Selenium: 5.97µg (8.53%), Iron: 1.51mg (8.36%), Vitamin A: 391.87IU (7.84%), Fiber: 1.76g (7.06%), Vitamin B2: 0.09mg (5.23%), Folate: 20.71µg (5.18%), Zinc: 0.75mg (4.99%), Vitamin B1: 0.07mg (4.98%), Potassium: 134.8mg (3.85%), Vitamin E: 0.52mg (3.46%), Vitamin B6: 0.06mg (3.08%), Vitamin B3: 0.52mg (2.59%), Calcium: 24.47mg (2.45%), Vitamin B5: 0.24mg (2.43%), Vitamin B12: 0.11µg (1.82%), Vitamin K: 1.26µg (1.2%), Vitamin D: 0.17µg (1.11%)