



Dark Chocolate Brownies with White Chocolate Chunks

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



198 kcal

DESSERT

Ingredients

- ☐ 0.7 cup flour
- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 2 large eggs
- ☐ 0.3 teaspoon salt
- ☐ 1 large strawberries fresh
- ☐ 1 cup sugar
- ☐ 6 tablespoons butter unsalted

- ☐ 4 ounces baker's chocolate unsweetened coarsely chopped
- ☐ 1 teaspoon vanilla extract
- ☐ 5 ounces chocolate white cut into 1/2-inch pieces (such as Lindt or Baker's)

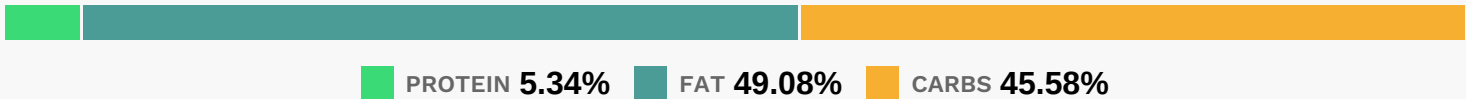
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Preheat oven to 325°F. Butter 8-inch square baking pan. Stir chocolate and butter in heavy medium saucepan over low heat until melted and smooth. Cool to room temperature.
- ☐ Combine 2/3 cup flour, 1/2 teaspoon baking powder and 1/4 teaspoon salt in small bowl.
- ☐ Whisk 1 cup sugar, eggs and vanilla extract in medium bowl until mixture is very thick, about 3 minutes.
- ☐ Whisk in melted chocolate mixture, then flour mixture. Stir in white chocolate.
- ☐ Transfer to prepared pan.
- ☐ Bake brownies until tester inserted into center comes out with moist crumbs attached, about 28 minutes.
- ☐ Transfer brownies in pan to rack; cool completely. (Can be prepared 1 day ahead. Store airtight at room temperature.)
- ☐ Cut brownies into 16 squares.
- ☐ Serve brownies with strawberries.

Nutrition Facts



Properties

Glycemic Index:21.69, Glycemic Load:15.33, Inflammation Score:-3, Nutrition Score:4.6617391109467%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.42mg, Pelargonidin: 0.42mg, Pelargonidin: 0.42mg, Pelargonidin: 0.42mg Catechin: 4.61mg, Catechin: 4.61mg, Catechin: 4.61mg, Catechin: 4.61mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 10.06mg, Epicatechin: 10.06mg, Epicatechin: 10.06mg, Epicatechin: 10.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 198.25kcal (9.91%), Fat: 11.5g (17.69%), Saturated Fat: 6.91g (43.2%), Carbohydrates: 24.03g (8.01%), Net Carbohydrates: 22.66g (8.24%), Sugar: 17.92g (19.91%), Cholesterol: 36.4mg (12.13%), Sodium: 68.98mg (3%), Alcohol: 0.09g (100%), Alcohol %: 0.23% (100%), Caffeine: 5.67mg (1.89%), Protein: 2.82g (5.63%), Manganese: 0.34mg (17.06%), Copper: 0.25mg (12.46%), Iron: 1.63mg (9.08%), Selenium: 4.79µg (6.85%), Phosphorus: 66.36mg (6.64%), Magnesium: 26.52mg (6.63%), Zinc: 0.87mg (5.83%), Fiber: 1.37g (5.48%), Vitamin B2: 0.09mg (5.36%), Vitamin B1: 0.06mg (4.01%), Folate: 15.64µg (3.91%), Calcium: 38.12mg (3.81%), Vitamin A: 167.81IU (3.36%), Potassium: 102.85mg (2.94%), Vitamin B3: 0.48mg (2.42%), Vitamin E: 0.31mg (2.06%), Vitamin B5: 0.19mg (1.92%), Vitamin B12: 0.11µg (1.9%), Vitamin K: 1.93µg (1.84%), Vitamin D: 0.2µg (1.36%), Vitamin C: 1.04mg (1.26%), Vitamin B6: 0.02mg (1.04%)