



Dark Chocolate-Chunk Brownies

READY IN



45 min.

SERVINGS



8

CALORIES



473 kcal

DESSERT

Ingredients

- ☐ 10 ounce bittersweet chocolate (see notes)
- ☐ 0.3 lb butter cut into 1/2-inch chunks
- ☐ 3 large eggs
- ☐ 0.8 cup flour all-purpose
- ☐ 0.3 teaspoon salt
- ☐ 1 cup sugar
- ☐ 0.5 teaspoon vanilla

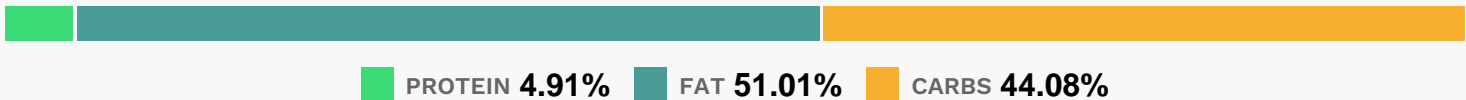
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ wooden spoon
- ☐ microwave

Directions

- ☐ Chop chocolate into about 1/2-inch chunks; you should have about 2 cups. In a small, microwave-safe bowl, combine half the chocolate and the butter.
- ☐ Heat in a microwave oven on half-power (50%) just until chocolate is soft and butter is melted, 1 to 1 1/2 minutes. Stir until mixture is smooth.
- ☐ Let stand until just warm to touch.
- ☐ In a bowl, with a wooden spoon, beat eggs, sugar, salt, and vanilla until smooth.
- ☐ Add chocolate mixture and stir until well blended.
- ☐ Add flour, about a third at a time, stirring after each addition just until blended.
- ☐ Add remaining chopped chocolate and mix just until chunks are evenly distributed.
- ☐ Line bottom and sides of a 9-inch square baking pan with cooking parchment, draping over rim a little. Scrape batter into pan; spread level.
- ☐ Bake in a 325 regular or 300 convection oven just until surface develops a thin crust (like the delicate layer of ice that forms on freezing water) and a fingertip pressed very gently in the center leaves a soft impression, 20 to 25 minutes; take care not to overbake.
- ☐ Cool completely in pan on a rack, at least 1 hour. Lift brownie out on parchment, peel off parchment, and set brownie on a board.
- ☐ Cut into 8 squares or wedges or 16 triangles (see notes).

Nutrition Facts



Properties

Glycemic Index:24.39, Glycemic Load:23.93, Inflammation Score:-5, Nutrition Score:9.2482607571975%

Nutrients (% of daily need)

Calories: 473.25kcal (23.66%), Fat: 27.05g (41.61%), Saturated Fat: 15.7g (98.11%), Carbohydrates: 52.59g (17.53%), Net Carbohydrates: 49.44g (17.98%), Sugar: 38.1g (42.33%), Cholesterol: 102.35mg (34.12%), Sodium: 194.49mg (8.46%), Alcohol: 0.09g (100%), Alcohol %: 0.1% (100%), Caffeine: 30.48mg (10.16%), Protein: 5.86g (11.72%), Manganese: 0.56mg (27.82%), Copper: 0.47mg (23.73%), Selenium: 13µg (18.57%), Iron: 3.13mg (17.38%), Magnesium: 67.51mg (16.88%), Phosphorus: 145.33mg (14.53%), Fiber: 3.15g (12.61%), Vitamin B2: 0.17mg (10.04%), Vitamin A: 473.2IU (9.46%), Zinc: 1.28mg (8.52%), Folate: 30.68µg (7.67%), Vitamin B1: 0.11mg (7.44%), Potassium: 243.63mg (6.96%), Vitamin B3: 1.01mg (5.05%), Vitamin E: 0.74mg (4.95%), Vitamin B5: 0.46mg (4.61%), Vitamin B12: 0.25µg (4.25%), Calcium: 37.95mg (3.8%), Vitamin K: 3.64µg (3.46%), Vitamin D: 0.38µg (2.5%), Vitamin B6: 0.05mg (2.48%)