



Dark Chocolate Macadamia Brownies

 Vegetarian

READY IN



55 min.

SERVINGS



13

CALORIES



423 kcal

DESSERT

Ingredients

- 0.7 cup butter
- 8 ounces chocolate dark
- 4 eggs lightly beaten
- 1 cup flour all-purpose
- 1 cup macadamia nuts cut into quarters
- 0.5 cup cream sour
- 1.5 cups granulated sugar fine (or granulated sugar, processed to texture in a food processor)
- 1 teaspoon vanilla extract

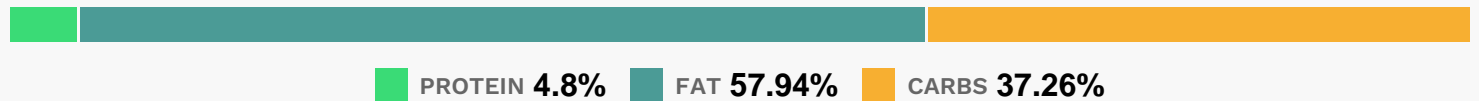
Equipment

- frying pan
- sauce pan
- baking paper
- oven
- wire rack
- baking pan
- hand mixer

Directions

- Preheat oven to 325 degrees F (165 degrees C). Line a 9x11-inch baking pan with parchment paper.
- In a saucepan over low heat, melt together the dark chocolate and butter. Beat the mixture with an electric mixer on low speed until well blended, and beat in eggs, sour cream, vanilla extract, sugar, and flour until thoroughly combined. Stir in the macadamia nuts, and pour the batter into the prepared baking pan.
- Bake in the preheated oven until the top forms a cracked crust, 30 to 35 minutes.
- Let cool in the pan about 10 minutes before moving to a wire rack to finish cooling.

Nutrition Facts



Properties

Glycemic Index:17.55, Glycemic Load:22.88, Inflammation Score:-4, Nutrition Score:9.2460869395215%

Nutrients (% of daily need)

Calories: 423.41kcal (21.17%), Fat: 27.86g (42.86%), Saturated Fat: 12.83g (80.19%), Carbohydrates: 40.31g (13.44%), Net Carbohydrates: 37.26g (13.55%), Sugar: 28.11g (31.23%), Cholesterol: 81.13mg (27.04%), Sodium: 101.27mg (4.4%), Alcohol: 0.11g (100%), Alcohol %: 0.14% (100%), Caffeine: 13.96mg (4.65%), Protein: 5.19g (10.38%), Manganese: 0.84mg (41.88%), Copper: 0.41mg (20.65%), Iron: 3.16mg (17.56%), Magnesium: 58.07mg (14.52%), Vitamin B1: 0.21mg (14.16%), Selenium: 9.56µg (13.65%), Fiber: 3.05g (12.19%), Phosphorus: 119.84mg (11.98%),

Vitamin B2: 0.16mg (9.6%), Vitamin A: 425.93IU (8.52%), Zinc: 1mg (6.64%), Folate: 25.97µg (6.49%), Potassium: 206.41mg (5.9%), Vitamin B3: 1.03mg (5.16%), Vitamin B5: 0.44mg (4.43%), Calcium: 42.51mg (4.25%), Vitamin E: 0.61mg (4.07%), Vitamin B12: 0.21µg (3.46%), Vitamin B6: 0.07mg (3.31%), Vitamin K: 2.29µg (2.18%), Vitamin D: 0.27µg (1.81%)