



Deep Dish Brownies

 Vegetarian

READY IN



50 min.

SERVINGS



16

CALORIES



115 kcal

DESSERT

Ingredients

- ☐ 2 ml double-acting baking powder
- ☐ 3 large eggs
- ☐ 0.8 cup flour all-purpose (3.4 oz/95 grams)
- ☐ 1.5 cups granulated sugar (10.5 oz/294 grams)
- ☐ 40 grams hershey's cocoa – i used natural style
- ☐ 0.5 teaspoon salt unsalted (use a scant teaspoon if using butter or butter sticks)
- ☐ 7 ml vanilla extract

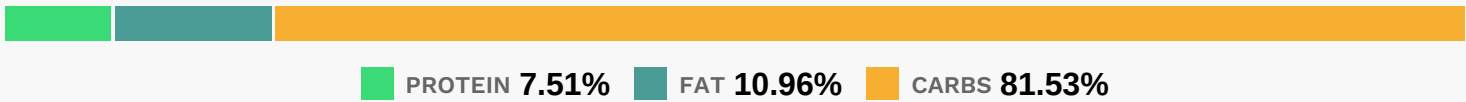
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ aluminum foil

Directions

- ☐ Preheat the oven to 350°F (176 C). Line an 8 inch square metal pan with foil and grease only the bottom. I like the method of greasing only the bottom of brownie pans because the brownies seem to stick to the sides and bake up more evenly rather than pull away. Hershey says to grease the whole pan.
- ☐ Combine melted butter, sugar and vanilla in bowl.
- ☐ Add eggs; beat well with spoon.
- ☐ Combine flour, cocoa, baking powder and salt; gradually add to egg mixture, beating gently until well mixed – don't overbeat or the brownies won't be as tender.
- ☐ Spread batter evenly into prepared pan.
- ☐ Bake 40 to 45 minutes or until brownies appear set. Cool completely in pan on wire rack.
- ☐ Cut into bars. About 16 brownies.

Nutrition Facts



Properties

Glycemic Index:14.82, Glycemic Load:16.36, Inflammation Score:-1, Nutrition Score:2.811304345727%

Flavonoids

Catechin: 1.62mg, Catechin: 1.62mg, Catechin: 1.62mg, Catechin: 1.62mg Epicatechin: 4.91mg, Epicatechin: 4.91mg, Epicatechin: 4.91mg, Epicatechin: 4.91mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 114.92kcal (5.75%), Fat: 1.48g (2.27%), Saturated Fat: 0.58g (3.65%), Carbohydrates: 24.74g (8.25%), Net Carbohydrates: 23.66g (8.6%), Sugar: 18.86g (20.95%), Cholesterol: 35.21mg (11.74%), Sodium: 27.44mg (1.19%),

Alcohol: 0.13g (100%), Alcohol %: 0.45% (100%), Caffeine: 5.75mg (1.92%), Protein: 2.28g (4.56%), Selenium: 5.34µg (7.62%), Manganese: 0.14mg (7.01%), Copper: 0.11mg (5.58%), Vitamin B2: 0.08mg (4.81%), Phosphorus: 46.04mg (4.6%), Iron: 0.81mg (4.48%), Fiber: 1.08g (4.33%), Folate: 15.93µg (3.98%), Magnesium: 14.97mg (3.74%), Vitamin B1: 0.05mg (3.45%), Zinc: 0.33mg (2.23%), Vitamin B3: 0.41mg (2.05%), Vitamin B5: 0.18mg (1.76%), Calcium: 16.94mg (1.69%), Potassium: 58.21mg (1.66%), Vitamin B12: 0.08µg (1.4%), Vitamin D: 0.19µg (1.27%), Vitamin A: 54.53IU (1.09%), Vitamin B6: 0.02mg (1.08%)