



Delicious Nutella Brownies – I Adore Food

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



201 kcal

DESSERT

Ingredients

- 0.5 cup flour all-purpose
- 0.3 Teaspoon salt
- 2 eggs
- 1 cup nutella
- 0.5 cup brown sugar
- 1 Teaspoon vanilla extract
- 0.5 cup butter unsalted melted

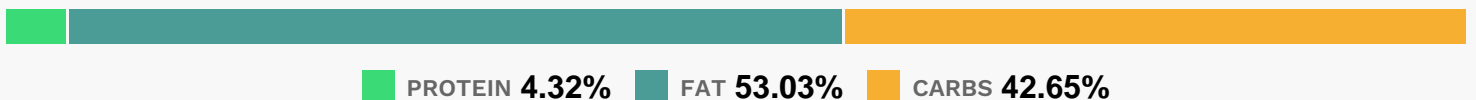
Equipment

- bowl
- frying pan
- baking paper
- oven
- blender
- hand mixer
- toothpicks
- cake form
- grill

Directions

- Preheat the oven to 170°C (325°F) and make sure the grill is in the middle of the oven.
- Line the bottom of a 8 inch square cake pan with parchment paper, letting the paper extend over two opposite sides. Butter the two other sides.
- Combine the flour and salt in a medium bowl and set aside.
- In another bowl, beat the eggs, hazelnut spread, brown sugar and vanilla extract with an electric mixer until smooth, about 2 minutes. With the mixer on low speed, add the flour mixture, alternating with the melted butter.
- Scrape the batter into the cake pan.
- Bake until a toothpick inserted in the centre comes out with a few crumbs attached (not completely clean), 35 to 40 minutes.
- Cool in the pan for about 2 hours. Un-mould and cut into squares.
- Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:6.52, Glycemic Load:5.29, Inflammation Score:-2, Nutrition Score:3.4543478048366%

Nutrients (% of daily need)

Calories: 200.85kcal (10.04%), Fat: 11.88g (18.28%), Saturated Fat: 9.15g (57.17%), Carbohydrates: 21.5g (7.17%), Net Carbohydrates: 20.38g (7.41%), Sugar: 16.86g (18.73%), Cholesterol: 35.71mg (11.9%), Sodium: 54.64mg (2.38%), Alcohol: 0.09g (100%), Alcohol %: 0.26% (100%), Protein: 2.18g (4.36%), Manganese: 0.2mg (9.81%), Vitamin E: 1.15mg (7.7%), Iron: 1.15mg (6.39%), Selenium: 3.84µg (5.49%), Copper: 0.1mg (5.1%), Vitamin B2: 0.08mg (4.64%), Phosphorus: 45.6mg (4.56%), Fiber: 1.12g (4.47%), Vitamin A: 207.54IU (4.15%), Magnesium: 14.31mg (3.58%), Vitamin B1: 0.05mg (3.28%), Folate: 12.64µg (3.16%), Calcium: 31.37mg (3.14%), Potassium: 99.31mg (2.84%), Zinc: 0.31mg (2.04%), Vitamin B12: 0.11µg (1.86%), Vitamin B5: 0.19mg (1.85%), Vitamin B3: 0.33mg (1.63%), Vitamin B6: 0.03mg (1.48%), Vitamin D: 0.22µg (1.44%)