



Deluxe 8 Inch Pan Brownies

READY IN



45 min.

SERVINGS



16

CALORIES



226 kcal

DESSERT

Ingredients

- ☐ 1 cup extra chocolate morsels dark
- ☐ 2 tablespoons hot-brewed coffee brewed
- ☐ 2 large eggs
- ☐ 0.5 cup flour all-purpose
- ☐ 1 cup granulated sugar
- ☐ 0.4 teaspoon salt salted (omit if using butter)
- ☐ 4 ounces butter unsalted
- ☐ 2 ounces chocolate unsweetened
- ☐ 0.5 teaspoon vanilla extract

☐ 0.5 cup walnuts toasted chopped

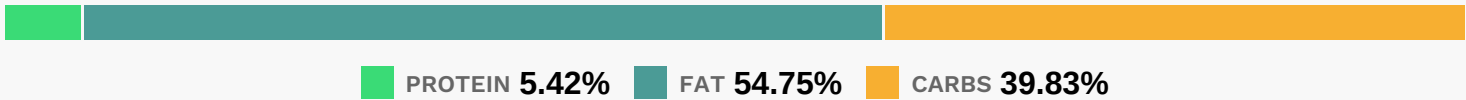
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ wire rack
- ☐ hand mixer
- ☐ aluminum foil
- ☐ microwave

Directions

- ☐ Preheat the oven to 375F. Line an 8 inch square metal pan with nonstick foil.Melt the butter in a small saucepan or in a microwave–safe bowl.
- ☐ Add the salt, chocolate and coffee Reduce heat to low, and stir until melted.
- ☐ Remove from heat and allow it to cool slightly.Beat eggs on high speed of an electric mixer. Gradually add sugar and vanilla, beating 3 minutes or until thick and pale.
- ☐ Add chocolate mixture, beating until blended. Gradually add flour, beating at low speed just until blended. Stir in chocolate morsels and walnuts (if using).
- ☐ Pour into the pan and bake on center rack at at 375° for 30 minutes. Cool in pan on a wire rack for about an hour, then transfer to refrigerator and chill for another hour or two or until very cold. Lift foil with brownies out of pan.
- ☐ Cut brownies into squares.

Nutrition Facts



Properties

Glycemic Index:13.44, Glycemic Load:10.93, Inflammation Score:-2, Nutrition Score:4.5213043171427%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Catechin: 2.28mg, Catechin: 2.28mg, Catechin: 2.28mg, Catechin: 2.28mg Epicatechin: 5.03mg, Epicatechin: 5.03mg, Epicatechin: 5.03mg, Epicatechin: 5.03mg

Nutrients (% of daily need)

Calories: 225.73kcal (11.29%), Fat: 14.29g (21.98%), Saturated Fat: 8.54g (53.35%), Carbohydrates: 23.39g (7.8%), Net Carbohydrates: 22.02g (8.01%), Sugar: 16.49g (18.33%), Cholesterol: 38.85mg (12.95%), Sodium: 23.62mg (1.03%), Alcohol: 0.04g (100%), Alcohol %: 0.11% (100%), Caffeine: 3.57mg (1.19%), Protein: 3.18g (6.37%), Manganese: 0.32mg (15.91%), Copper: 0.21mg (10.28%), Iron: 1.17mg (6.48%), Zinc: 0.97mg (6.45%), Selenium: 4.44µg (6.34%), Phosphorus: 59.39mg (5.94%), Magnesium: 23.24mg (5.81%), Fiber: 1.37g (5.46%), Vitamin B2: 0.08mg (4.9%), Calcium: 47.24mg (4.72%), Folate: 17.28µg (4.32%), Vitamin A: 215.65IU (4.31%), Vitamin B1: 0.06mg (4.18%), Potassium: 132.62mg (3.79%), Vitamin E: 0.45mg (3.01%), Vitamin B6: 0.05mg (2.39%), Vitamin B5: 0.24mg (2.37%), Vitamin B3: 0.45mg (2.24%), Vitamin K: 1.85µg (1.76%), Vitamin B12: 0.1µg (1.66%), Vitamin D: 0.23µg (1.54%)