



Double Chocolate Brownies

READY IN



15 min.

SERVINGS



15

CALORIES



388 kcal

DESSERT

Ingredients

- 1 cup butter softened
- 4 large eggs
- 1 cup flour all-purpose
- 0.8 cup pecans toasted chopped
- 0.5 teaspoon salt
- 2 ounce bittersweet chocolate
- 0.8 cup semisweet chocolate morsels
- 2 cups sugar
- 2 ounce chocolate unsweetened

- 1 teaspoon vanilla extract

Equipment

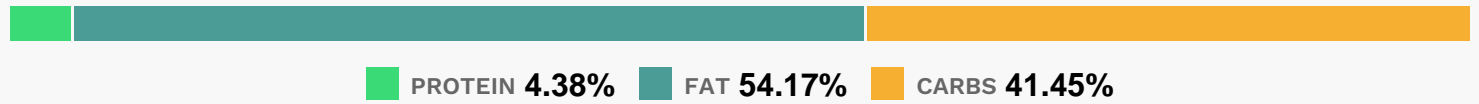
- bowl
- sauce pan
- oven
- mixing bowl
- wire rack
- baking pan
- hand mixer
- microwave
- candy thermometer

Directions

- Microwave chocolate squares in a small microwave-safe bowl at MEDIUM (50% power) for 30-second intervals until melted (about 1 1/2 minutes total time). Stir chocolate until smooth.
- Beat butter and sugar at medium speed with an electric mixer until light and fluffy.
- Add eggs, 1 at a time, beating just until blended after each addition.
- Add melted chocolate, beating just until blended.
- Add flour and salt, beating at low speed just until blended. Stir in vanilla, 1/2 cup pecans, and 1/2 cup chocolate morsels.
- Spread batter into a greased and floured 13- x 9-inch baking pan.
- Sprinkle with remaining 1/4 cup pecans and 1/4 cup chocolate morsels.
- Bake at 350 for 40 minutes or until set. Cool completely on a wire rack.
- Note: Freeze brownies in an airtight container up to 1 month.
- Double Chocolate Brownies With Caramel Frosting: Prepare Double Chocolate Brownies as directed. Melt 3/4 cup butter in a large saucepan over low heat. Stir in 2 cups sugar, 1/2 cup buttermilk, 12 large marshmallows, 1 tablespoon light corn syrup, and 1/2 teaspoon baking soda. Cook over medium heat, stirring occasionally, 20 to 25 minutes or until a candy thermometer registers 234 (soft-ball stage).

- Remove from heat, and pour mixture immediately into a large mixing bowl. Beat mixture with an electric mixer at high speed 5 minutes or until mixture thickens and begins to lose its gloss.
- Spread Caramel Frosting evenly over brownies.

Nutrition Facts



Properties

Glycemic Index:13.67, Glycemic Load:23.24, Inflammation Score:-4, Nutrition Score:7.4178260438468%

Flavonoids

Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg Delphinidin: 0.36mg, Delphinidin: 0.36mg, Delphinidin: 0.36mg, Delphinidin: 0.36mg Catechin: 2.79mg, Catechin: 2.79mg, Catechin: 2.79mg, Catechin: 2.79mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 5.4mg, Epicatechin: 5.4mg, Epicatechin: 5.4mg, Epicatechin: 5.4mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg

Nutrients (% of daily need)

Calories: 388.48kcal (19.42%), Fat: 24.15g (37.15%), Saturated Fat: 12.55g (78.46%), Carbohydrates: 41.57g (13.86%), Net Carbohydrates: 39.22g (14.26%), Sugar: 31.65g (35.17%), Cholesterol: 82.9mg (27.63%), Sodium: 196.4mg (8.54%), Alcohol: 0.09g (100%), Alcohol %: 0.14% (100%), Caffeine: 14.01mg (4.67%), Protein: 4.39g (8.79%), Manganese: 0.61mg (30.6%), Copper: 0.36mg (18.24%), Selenium: 8.8µg (12.57%), Iron: 2.23mg (12.38%), Magnesium: 44.61mg (11.15%), Phosphorus: 101.11mg (10.11%), Fiber: 2.35g (9.4%), Vitamin A: 459.34IU (9.19%), Zinc: 1.17mg (7.83%), Vitamin B1: 0.11mg (7.59%), Vitamin B2: 0.13mg (7.59%), Folate: 24.12µg (6.03%), Potassium: 156.02mg (4.46%), Vitamin E: 0.66mg (4.37%), Vitamin B3: 0.73mg (3.63%), Vitamin B5: 0.34mg (3.45%), Calcium: 27.9mg (2.79%), Vitamin B12: 0.17µg (2.79%), Vitamin K: 2.58µg (2.46%), Vitamin B6: 0.04mg (2.13%), Vitamin D: 0.27µg (1.78%)