



WHATSheATE



Double Chocolate Mashed Potato Brownies

READY IN



35 min.

SERVINGS



30

CALORIES



167 kcal

DESSERT

Ingredients

- ☐ 4 eggs room temperature
- ☐ 120 grams flour all-purpose
- ☐ 1.5 cups granulated sugar
- ☐ 1 cup potatoes mashed (meaning no onion or garlic)
- ☐ 0.8 teaspoon salt
- ☐ 0.8 cup semi-sweet chocolate chips
- ☐ 6 oz butter unsalted
- ☐ 3 ounce chocolate unsweetened
- ☐ 1 teaspoon vanilla extract

☐ 0.8 cup walnuts chopped

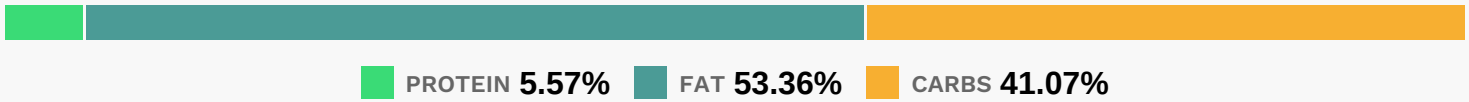
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 350°F. Line a 13×9 inch metal pan with foil and grease foil.Melt butter and chocolate in a medium saucepan over low heat until smooth.
- ☐ Let cool 15 minutes.Stir in sugar, eggs, vanilla and salt. Stir in mashed potatoes until smooth.
- ☐ Add flour and stir to combine.
- ☐ Pour into prepared baking pan.
- ☐ Sprinkle with chocolate chips and nuts.
- ☐ Bake until brownies feel firm when lightly touched, about 25 to 30 minutes (for half batch, bake 22 minutes). Cool on rack.
- ☐ Cut into squares to serve. Store in a container that allows air – airtight containers will be soggy.

Nutrition Facts



Properties

Glycemic Index:8.29, Glycemic Load:10.13, Inflammation Score:-2, Nutrition Score:4.0095652549163%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Catechin: 1.82mg, Catechin: 1.82mg, Catechin: 1.82mg, Catechin: 1.82mg Epicatechin: 4.02mg, Epicatechin: 4.02mg, Epicatechin: 4.02mg, Epicatechin: 4.02mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 166.54kcal (8.33%), Fat: 10.3g (15.85%), Saturated Fat: 5.16g (32.28%), Carbohydrates: 17.84g (5.95%), Net Carbohydrates: 16.56g (6.02%), Sugar: 11.8g (13.11%), Cholesterol: 34.28mg (11.43%), Sodium: 68.88mg (2.99%), Alcohol: 0.05g (100%), Alcohol %: 0.14% (100%), Caffeine: 6.03mg (2.01%), Protein: 2.42g (4.84%), Manganese: 0.32mg (15.83%), Copper: 0.21mg (10.6%), Iron: 1.2mg (6.69%), Magnesium: 24.92mg (6.23%), Selenium: 4.04µg (5.76%), Phosphorus: 54.13mg (5.41%), Fiber: 1.28g (5.11%), Zinc: 0.61mg (4.06%), Folate: 15.03µg (3.76%), Vitamin B1: 0.06mg (3.68%), Vitamin B2: 0.06mg (3.65%), Vitamin A: 176.28IU (3.53%), Potassium: 104.85mg (3%), Vitamin B6: 0.05mg (2.53%), Vitamin B3: 0.43mg (2.13%), Vitamin C: 1.42mg (1.72%), Vitamin B5: 0.17mg (1.69%), Vitamin E: 0.25mg (1.69%), Calcium: 14.68mg (1.47%), Vitamin D: 0.2µg (1.35%), Vitamin K: 1.23µg (1.17%), Vitamin B12: 0.07µg (1.16%)