

Easy Brownies

READY IN



75 min.

SERVINGS



16

CALORIES



197 kcal

DESSERT

Ingredients

- 0.5 teaspoon double-acting baking powder
- 1 cup chocolate chips coarsely chopped
- 2 large eggs at room temperature
- 1 cup flour all-purpose
- 1 cup granulated sugar
- 0.3 teaspoon salt fine
- 8 tablespoons butter unsalted cut into 8 pieces (1 stick)
- 1 teaspoon vanilla extract

Equipment

- bowl
- frying pan
- sauce pan
- oven
- wire rack
- baking pan
- aluminum foil
- microwave
- spatula
- skewers
- cutting board

Directions

- Heat the oven to 350°F and arrange a rack in the middle. Line an 8-by-8-inch metal baking pan with aluminum foil.
- Combine the chocolate and butter in a medium saucepan and cook over low heat, stirring frequently, until melted and smooth.
- Remove from the heat and let cool slightly, about 5 minutes. (Alternatively, melt the chocolate and butter in the microwave, stirring every 30 seconds.)
- Combine the eggs, sugar, vanilla, baking powder, and salt in a large bowl and stir with a rubber spatula until just evenly incorporated.
- Add the chocolate mixture and stir until evenly combined.
- Add the flour and fold in until just incorporated, about 20 strokes (no white streaks should remain).
- Pour the batter into the prepared pan, push it to the edges in an even layer, and smooth the top.
- Bake until a cake tester or skewer inserted into the center comes out clean, about 25 minutes.

Remove to a wire rack and let the brownies cool for at least 20 minutes. To remove the brownies, grip the excess foil and pull it out of the baking pan.

Transfer to a cutting board and cut the brownies into 2-inch squares.

Nutrition Facts

PROTEIN 5.17% **FAT 44.87%** **CARBS 49.96%**

Properties

Glycemic Index:14.82, Glycemic Load:13.07, Inflammation Score:-2, Nutrition Score:3.0143478256853%

Nutrients (% of daily need)

Calories: 197.23kcal (9.86%), Fat: 9.92g (15.26%), Saturated Fat: 7.07g (44.16%), Carbohydrates: 24.86g (8.29%), Net Carbohydrates: 24.22g (8.81%), Sugar: 16.39g (18.21%), Cholesterol: 38.41mg (12.8%), Sodium: 71.57mg (3.11%), Alcohol: 0.09g (100%), Alcohol %: 0.24% (100%), Protein: 2.57g (5.14%), Selenium: 5.3µg (7.57%), Vitamin B2: 0.09mg (5.42%), Vitamin B1: 0.08mg (5.03%), Folate: 19.81µg (4.95%), Calcium: 47.96mg (4.8%), Vitamin A: 209.8IU (4.2%), Phosphorus: 39.42mg (3.94%), Manganese: 0.07mg (3.61%), Zinc: 0.54mg (3.6%), Iron: 0.64mg (3.55%), Vitamin B3: 0.59mg (2.93%), Vitamin E: 0.41mg (2.73%), Potassium: 90.53mg (2.59%), Fiber: 0.64g (2.55%), Vitamin B5: 0.22mg (2.22%), Copper: 0.04mg (1.93%), Magnesium: 6.72mg (1.68%), Vitamin B12: 0.1µg (1.65%), Vitamin D: 0.23µg (1.53%), Vitamin B6: 0.03mg (1.45%), Vitamin K: 1.4µg (1.33%)