



## Ellie Krieger's Double-Chocolate Brownies

READY IN



45 min.

SERVINGS



24

CALORIES



164 kcal

DESSERT

### Ingredients

- 0.3 teaspoon baking soda
- 6 ounces bittersweet chocolate coarsely chopped
- 0.3 cup canola oil
- 4 large eggs
- 1 cup brown sugar light packed
- 0.5 cup yogurt plain low-fat
- 0.3 teaspoon salt
- 2 tablespoons butter unsalted
- 0.3 cup cocoa powder unsweetened

- 2 teaspoons vanilla extract
- 0.8 cup walnuts chopped
- 1 cup whole-grain pastry flour whole-wheat all-purpose (or)

## Equipment

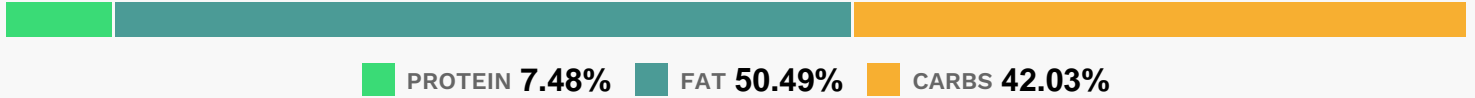
- bowl
- frying pan
- sauce pan
- oven
- whisk
- baking pan
- toothpicks

## Directions

- Preheat the oven to 350 degrees. Coat a 9-by-13-inch baking dish with cooking spray.
- Melt the chocolate and butter in a heatproof bowl set over a saucepan of barely simmering water, stirring occasionally; do not let the bottom of the bowl touch the water.
- Whisk the flour, cocoa, salt and baking soda in a medium bowl. In a large bowl, whisk the eggs and brown sugar until smooth, then add the yogurt, oil and vanilla and whisk to combine.
- Whisk in the melted chocolate mixture until blended.
- Add the dry ingredients and mix until just moistened.
- Spread the batter in the prepared pan and sprinkle with walnuts, if desired.
- Bake for 20 to 25 minutes, or until a toothpick inserted in the center comes out with a few moist crumbs. Cool completely in the pan on a rack before slicing.
- Photograph by Kate Sears
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## Nutrition Facts



### Properties

Glycemic Index:0.83, Glycemic Load:0.05, Inflammation Score:-2, Nutrition Score:4.8934783099786%

### Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Catechin: 0.58mg, Catechin: 0.58mg, Catechin: 0.58mg, Catechin: 0.58mg Epicatechin: 1.76mg, Epicatechin: 1.76mg, Epicatechin: 1.76mg, Epicatechin: 1.76mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

### Nutrients (% of daily need)

Calories: 163.91kcal (8.2%), Fat: 9.5g (14.61%), Saturated Fat: 2.96g (18.51%), Carbohydrates: 17.79g (5.93%), Net Carbohydrates: 16.11g (5.86%), Sugar: 12.06g (13.4%), Cholesterol: 34.24mg (11.41%), Sodium: 54.83mg (2.38%), Alcohol: 0.11g (100%), Alcohol %: 0.34% (100%), Caffeine: 8.16mg (2.72%), Protein: 3.16g (6.33%), Manganese: 0.47mg (23.29%), Copper: 0.21mg (10.62%), Selenium: 6.84µg (9.77%), Magnesium: 32.33mg (8.08%), Phosphorus: 80.02mg (8%), Fiber: 1.68g (6.71%), Iron: 1.07mg (5.97%), Zinc: 0.65mg (4.33%), Vitamin E: 0.63mg (4.19%), Vitamin B2: 0.07mg (4.06%), Potassium: 124.49mg (3.56%), Calcium: 32.77mg (3.28%), Vitamin B6: 0.06mg (3.2%), Vitamin B1: 0.05mg (3.08%), Folate: 10.67µg (2.67%), Vitamin B5: 0.25mg (2.46%), Vitamin K: 2.51µg (2.39%), Vitamin B12: 0.12µg (1.96%), Vitamin B3: 0.39mg (1.96%), Vitamin A: 81.48IU (1.63%), Vitamin D: 0.18µg (1.23%)