



## Engel's Passover Brownies

 Gluten Free

READY IN



45 min.

SERVINGS



16

CALORIES



208 kcal

DESSERT

### Ingredients

- ☐ 2 large eggs
- ☐ 3 tablespoons cocoa powder unsweetened (not Dutch-process)
- ☐ 1.5 tablespoons cream sour
- ☐ 2 ounces baker's chocolate unsweetened
- ☐ 0.5 cup semi chocolate chips
- ☐ 0.5 cup butter unsalted
- ☐ 0.5 cup round cake
- ☐ 0.5 cup walnut pieces chopped

☐ 1 cup sugar

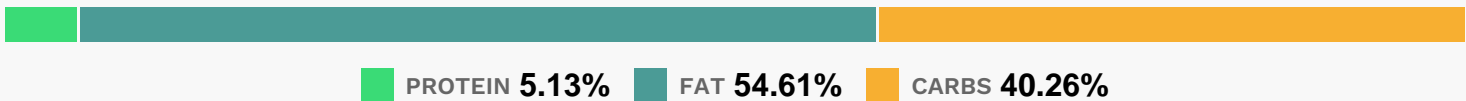
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ hand mixer
- ☐ wooden spoon
- ☐ wax paper

## Directions

- ☐ Preheat oven to 325°F. and butter an 8-inch square baking pan.
- ☐ Chop unsweetened chocolate and in a small heavy saucepan melt with butter over low heat, stirring until smooth. Cool mixture 10 minutes. In a small bowl whisk together cocoa powder and cake meal.
- ☐ In a large bowl with an electric mixer beat together eggs and sugar until thick and pale and beat in sour cream and melted chocolate mixture.
- ☐ Add cocoa powder mixture and beat at low speed until just combined. Stir in chocolate chips and walnuts with a wooden spoon and spread batter evenly in baking pan.
- ☐ Bake brownies in middle of oven 35 minutes, or until a tester comes out with crumbs adhering. Cool brownies completely in pan on a rack before cutting into 16 squares. Brownies keep layered between sheets of wax paper in an airtight container at cool room temperature 5 days.

## Nutrition Facts



## Properties

Glycemic Index:5.63, Glycemic Load:8.78, Inflammation Score:-3, Nutrition Score:4.7139129978807%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Catechin: 2.89mg, Catechin: 2.89mg, Catechin: 2.89mg, Catechin: 2.89mg Epicatechin: 6.87mg, Epicatechin: 6.87mg, Epicatechin: 6.87mg, Epicatechin: 6.87mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 207.96kcal (10.4%), Fat: 13.33g (20.5%), Saturated Fat: 6.7g (41.86%), Carbohydrates: 22.11g (7.37%), Net Carbohydrates: 20.44g (7.43%), Sugar: 17.46g (19.4%), Cholesterol: 47.04mg (15.68%), Sodium: 57.87mg (2.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 9.83mg (3.28%), Protein: 2.82g (5.63%), Manganese: 0.4mg (20.06%), Copper: 0.29mg (14.49%), Iron: 1.53mg (8.49%), Magnesium: 33.76mg (8.44%), Phosphorus: 73.39mg (7.34%), Fiber: 1.67g (6.67%), Selenium: 3.85µg (5.5%), Zinc: 0.8mg (5.31%), Vitamin A: 232.96IU (4.66%), Vitamin B2: 0.07mg (4.07%), Potassium: 110.98mg (3.17%), Folate: 11.57µg (2.89%), Vitamin B1: 0.04mg (2.75%), Calcium: 23.49mg (2.35%), Vitamin E: 0.33mg (2.17%), Vitamin B6: 0.04mg (1.94%), Vitamin B5: 0.19mg (1.89%), Vitamin D: 0.25µg (1.64%), Vitamin B12: 0.1µg (1.63%), Vitamin B3: 0.31mg (1.54%), Vitamin K: 1.42µg (1.35%)