



Frosted Walnut Brownie Pie

 Vegetarian

READY IN



35 min.

SERVINGS



4

CALORIES



354 kcal

DESSERT

Ingredients

- 1 tablespoon cocoa powder
- 0.3 cup butter softened
- 0.5 cup powdered sugar
- 1 eggs
- 0.3 cup flour all-purpose
- 2.5 teaspoons milk 2%
- 0.5 cup sugar
- 0.5 teaspoon vanilla extract

0.3 cup walnut pieces chopped

Equipment

bowl

frying pan

baking sheet

oven

wire rack

toothpicks

springform pan

Directions

In a small bowl, cream butter and sugar. Beat in egg and vanilla.

Combine the flour and cocoa; gradually add to creamed mixture. Stir in walnuts.

Coat a 6-in. round springform pan with cooking spray and dust with sugar; add the batter.

Place pan on a baking sheet.

Bake at 350° for 20–25 minutes or until a toothpick inserted near the center comes out clean.
Cool on a wire rack.

Remove sides of pan. In a small bowl, combine frosting ingredients.

Spread over pie.

Nutrition Facts



PROTEIN 4.13% **FAT 43.56%** **CARBS 52.31%**

Properties

Glycemic Index:53.77, Glycemic Load:21.87, Inflammation Score:-3, Nutrition Score:4.9621739332443%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Catechin: 0.81mg, Catechin: 0.81mg,

Catechin: 0.81mg, Catechin: 0.81mg Epicatechin: 2.46mg, Epicatechin: 2.46mg, Epicatechin: 2.46mg, Epicatechin:

2.46mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 354.17kcal (17.71%), Fat: 17.71g (27.25%), Saturated Fat: 8.24g (51.48%), Carbohydrates: 47.86g (15.95%), Net Carbohydrates: 46.69g (16.98%), Sugar: 40.12g (44.58%), Cholesterol: 71.67mg (23.89%), Sodium: 109.47mg (4.76%), Alcohol: 0.17g (100%), Alcohol %: 0.26% (100%), Protein: 3.77g (7.55%), Manganese: 0.36mg (17.86%), Selenium: 7.02µg (10.03%), Copper: 0.19mg (9.31%), Vitamin A: 418.6IU (8.37%), Vitamin B2: 0.12mg (7.15%), Phosphorus: 71mg (7.1%), Folate: 27.61µg (6.9%), Vitamin B1: 0.09mg (6.24%), Magnesium: 21.52mg (5.38%), Iron: 0.97mg (5.37%), Fiber: 1.16g (4.65%), Zinc: 0.54mg (3.6%), Vitamin E: 0.5mg (3.35%), Vitamin B6: 0.06mg (3.23%), Vitamin B3: 0.59mg (2.95%), Vitamin B5: 0.27mg (2.75%), Potassium: 84.11mg (2.4%), Calcium: 23.71mg (2.37%), Vitamin B12: 0.14µg (2.31%), Vitamin D: 0.22µg (1.47%), Vitamin K: 1.28µg (1.22%)