

Fudge Brownies I

 Vegetarian

READY IN



60 min.

SERVINGS



24

CALORIES



249 kcal

DESSERT

Ingredients

- ☐ 1 cup butter
- ☐ 4 eggs
- ☐ 1 cup flour all-purpose
- ☐ 0.5 teaspoon salt
- ☐ 4 ounce chocolate unsweetened
- ☐ 1 teaspoon vanilla extract
- ☐ 2 cups walnuts chopped
- ☐ 2 cups sugar white

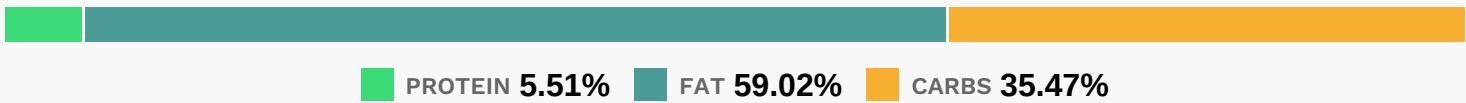
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ wire rack
- ☐ baking pan
- ☐ toothpicks

Directions

- ☐ Preheat oven to 350 degrees F. Grease a 9x13 inch baking pan.
- ☐ In 3-quart saucepan over very low heat, melt butter or margarine and chocolate, stirring the mixture constantly.
- ☐ Remove from heat, and stir the sugar into the chocolate. Allow the mixture to cool slightly. Beat in the eggs one at a time, mixing well after each, then stir in the vanilla.
- ☐ Combine the flour and salt; stir into the chocolate mixture. Fold in the walnuts.
- ☐ Spread the batter evenly into the prepared pan.
- ☐ Bake in oven 30 to 35 minutes. Brownies are done when toothpick inserted into center come out clean. Cool in pan on wire rack.

Nutrition Facts



Properties

Glycemic Index:8.96, Glycemic Load:14.65, Inflammation Score:-4, Nutrition Score:5.6430435556432%

Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg Catechin: 3.04mg, Catechin: 3.04mg, Catechin: 3.04mg, Catechin: 3.04mg Epicatechin: 6.7mg, Epicatechin: 6.7mg, Epicatechin: 6.7mg, Epicatechin: 6.7mg

Nutrients (% of daily need)

Calories: 249.34kcal (12.47%), Fat: 17.3g (26.62%), Saturated Fat: 7.23g (45.16%), Carbohydrates: 23.4g (7.8%), Net Carbohydrates: 21.82g (7.94%), Sugar: 17g (18.89%), Cholesterol: 47.62mg (15.87%), Sodium: 121.29mg (5.27%), Alcohol: 0.06g (100%), Alcohol %: 0.14% (100%), Caffeine: 3.78mg (1.26%), Protein: 3.63g (7.27%), Manganese: 0.57mg (28.43%), Copper: 0.32mg (16.09%), Magnesium: 33.09mg (8.27%), Iron: 1.49mg (8.26%), Phosphorus: 75.06mg (7.51%), Selenium: 5.07µg (7.25%), Fiber: 1.58g (6.31%), Folate: 24.14µg (6.03%), Zinc: 0.9mg (5.99%), Vitamin B1: 0.08mg (5.63%), Vitamin A: 277.91IU (5.56%), Vitamin B2: 0.09mg (5.01%), Vitamin B6: 0.07mg (3.44%), Potassium: 100.77mg (2.88%), Vitamin E: 0.39mg (2.58%), Vitamin B3: 0.49mg (2.45%), Calcium: 21.7mg (2.17%), Vitamin B5: 0.21mg (2.09%), Vitamin B12: 0.08µg (1.36%), Vitamin K: 1.42µg (1.35%)