



Fudge Brownies II

READY IN



45 min.

SERVINGS



8

CALORIES



558 kcal

DESSERT

Ingredients

- 0.5 cup butter softened
- 2 cups chocolate syrup
- 4 eggs
- 1 cup flour all-purpose
- 0.7 cup pecans finely chopped
- 1 cup sugar white

Equipment

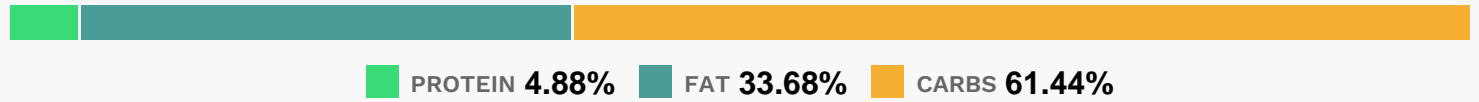
- bowl

- frying pan
- oven
- knife

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease an 8x8 inch pan.
- In a medium bowl, cream together the sugar and butter. Stir in the chocolate syrup and eggs until well mixed.
- Mix in the flour and pecans.
- Spread evenly into the prepared pan.
- Bake for 30 to 35 minutes in the preheated oven, until a knife inserted into the center comes out clean.

Nutrition Facts



Properties

Glycemic Index:25.64, Glycemic Load:26.12, Inflammation Score:-5, Nutrition Score:10.733478248119%

Flavonoids

Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg

Nutrients (% of daily need)

Calories: 558.33kcal (27.92%), Fat: 21.22g (32.64%), Saturated Fat: 8.96g (55.97%), Carbohydrates: 87.08g (29.03%), Net Carbohydrates: 83.83g (30.49%), Sugar: 62.68g (69.64%), Cholesterol: 112.34mg (37.45%), Sodium: 177.03mg (7.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 4.5mg (1.5%), Protein: 6.91g (13.83%), Manganese: 0.81mg (40.45%), Copper: 0.53mg (26.65%), Selenium: 13.74µg (19.63%), Phosphorus: 185.75mg (18.58%), Magnesium: 66.1mg (16.53%), Iron: 2.94mg (16.32%), Vitamin B2: 0.24mg (13.92%), Vitamin B1: 0.2mg (13.26%), Fiber: 3.24g (12.98%), Folate: 42.86µg (10.71%), Vitamin A: 478.43IU (9.57%), Zinc: 1.37mg (9.12%), Potassium: 256.23mg (7.32%), Vitamin B3: 1.29mg (6.46%), Vitamin B5: 0.51mg (5.09%), Vitamin E: 0.71mg (4.74%),

Vitamin B12: 0.22µg (3.67%), Calcium: 35.18mg (3.52%), Vitamin B6: 0.07mg (3.41%), Vitamin D: 0.44µg (2.93%),
Vitamin K: 1.8µg (1.71%)