



## Fudge Brownies With Golden Syrup

READY IN



45 min.

SERVINGS



16

CALORIES



254 kcal

DESSERT

### Ingredients

- ☐ 128 grams all purpose whole wheat white
- ☐ 0.5 cup bittersweet chocolate chips
- ☐ 30 ml cocoa powder european style
- ☐ 80 ml plus
- ☐ 3 large eggs
- ☐ 198 grams granulated sugar
- ☐ 100 grams brown sugar dark light packed
- ☐ 0.1 teaspoon salt (pinch)
- ☐ 4 ounces butter unsalted room temperature (1 stick)

- ☐ 114 grams chocolate unsweetened
- ☐ 5 ml vanilla extract

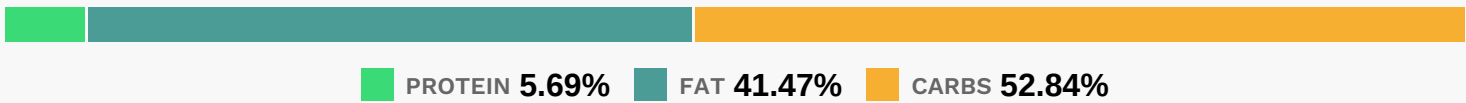
## Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ mixing bowl
- ☐ double boiler
- ☐ hand mixer
- ☐ aluminum foil

## Directions

- ☐ Preheat oven to 350 degrees F. Line a 9 inch square metal pan with foil and spray foil with cooking spray.Sift together flour, cocoa powder and salt. Set aside.Melt chocolate in top of a double boiler or melt in a metal bowl set over (but not touching) a saucepan of barely simmering water.Beat butter and both sugars in a large mixing bowl using high speed of an electric mixer. Beat in vanilla and golden syrup. When creamy, beat in eggs, beating thoroughly after each egg.Beat in the melted chocolate, scraping sides of bowl.
- ☐ Add flour mixture and chocolate chips, stirring until flour is blended in (do not beat).
- ☐ Pour batter into prepared pan and bake on center rack of oven for 35 minute or until brownies appear set. Cool on a rack for 1 hour or until brownies are cool enough to transfer to the refrigerator.
- ☐ Transfer to the refrigerator and chill for 1 or 2 hours.Lift brownies from pan by grasping foil.
- ☐ Place on a cookie sheet and cut into squares.Makes 16 small or 9 large

## Nutrition Facts



## Properties

Glycemic Index:8.32, Glycemic Load:12.24, Inflammation Score:-3, Nutrition Score:4.7813044254385%

Flavonoids

Catechin: 5.03mg, Catechin: 5.03mg, Catechin: 5.03mg, Catechin: 5.03mg Epicatechin: 11.44mg, Epicatechin: 11.44mg, Epicatechin: 11.44mg, Epicatechin: 11.44mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 253.73kcal (12.69%), Fat: 12.4g (19.08%), Saturated Fat: 7.93g (49.53%), Carbohydrates: 35.56g (11.85%), Net Carbohydrates: 33.11g (12.04%), Sugar: 26.19g (29.1%), Cholesterol: 50.17mg (16.72%), Sodium: 42.03mg (1.83%), Alcohol: 0.09g (100%), Alcohol %: 0.19% (100%), Caffeine: 7.27mg (2.42%), Protein: 3.83g (7.65%), Manganese: 0.34mg (16.95%), Copper: 0.28mg (13.92%), Iron: 1.81mg (10.06%), Fiber: 2.45g (9.79%), Magnesium: 30.59mg (7.65%), Zinc: 1.06mg (7.08%), Phosphorus: 61.12mg (6.11%), Selenium: 4.07µg (5.81%), Vitamin A: 228.3IU (4.57%), Calcium: 42.75mg (4.27%), Potassium: 137.51mg (3.93%), Vitamin B2: 0.07mg (3.92%), Vitamin E: 0.38mg (2.54%), Vitamin B5: 0.22mg (2.16%), Folate: 8.08µg (2.02%), Vitamin D: 0.29µg (1.96%), Vitamin B12: 0.11µg (1.85%), Vitamin K: 1.67µg (1.59%), Vitamin B6: 0.03mg (1.44%), Vitamin B1: 0.02mg (1.38%)