Fudge Cake Brownies

Dairy Free

READY IN	SERVINGS	CALORIES
45 min.	16	183 kcal

DESSERT

Ingredients

- [ ] 0.5 cup butter melted
- [ ] 2 large eggs lightly beaten
- [ ] 0.5 cup pecans toasted chopped
- [ ] 16 servings powdered sugar
- [ ] 0.5 cup self-rising flour
- [ ] 1 cup sugar
- [ ] 6 tablespoons cocoa unsweetened
- [ ] 1 tablespoon vanilla extract

Equipment

- [ ] frying pan
- [ ] oven

Directions

- [ ] Combine cocoa and sugar.
- [ ] Add melted butter and next 4 ingredients, stirring just until combined.
- [ ] Pour mixture into a lightly greased 8-inch square pan.
- [ ] Bake at 350 for 25 to 30 minutes. Cool.
- [ ] Cut into 2-inch squares, and dust with powdered sugar before serving.

Nutrition Facts

PROTEIN **4.2%** FAT **43.15%** CARBS **52.65%**

Properties

Glycemic Index:9.19, Glycemic Load:10.58, Inflammation Score:-3, Nutrition Score:2.84739128646%

Flavonoids

Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg Catechin: 1.46mg, Catechin: 1.46mg, Catechin: 1.46mg, Catechin: 1.46mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 3.71mg, Epicatechin: 3.71mg, Epicatechin: 3.71mg, Epicatechin: 3.71mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 183.44kcal (9.17%), Fat: 9.12g (14.03%), Saturated Fat: 1.75g (10.95%), Carbohydrates: 25.04g (8.35%), Net Carbohydrates: 23.92g (8.7%), Sugar: 20.61g (22.89%), Cholesterol: 23.25mg (7.75%), Sodium: 76.6mg (3.33%), Alcohol: 0.28g (100%), Alcohol %: 0.81% (100%), Caffeine: 4.31mg (1.44%), Protein: 2g (4%), Manganese: 0.26mg (13.03%), Copper: 0.13mg (6.28%), Vitamin A: 289.48IU (5.79%), Selenium: 3.99µg (5.7%), Fiber: 1.11g (4.46%), Phosphorus: 41.04mg (4.1%), Magnesium: 15.51mg (3.88%), Iron: 0.5mg (2.8%), Vitamin B2: 0.05mg (2.77%), Zinc: 0.4mg (2.66%), Vitamin E: 0.35mg (2.34%), Vitamin B1: 0.03mg (2.02%), Potassium: 59.59mg (1.7%), Vitamin B5: 0.15mg (1.53%), Folate: 5.65µg (1.41%), Calcium: 11.29mg (1.13%), Vitamin B6: 0.02mg (1.11%), Vitamin B12: 0.06µg (1.05%)