



Fudge Chunk Brownies

READY IN



45 min.

SERVINGS



12

CALORIES



326 kcal

DESSERT

Ingredients

- ☐ 2 eggs
- ☐ 0.7 cup flour all-purpose
- ☐ 1.3 cups pecans chopped
- ☐ 1 pinch salt
- ☐ 4 ounce bittersweet chocolate
- ☐ 0.5 cup butter unsalted
- ☐ 2 ounce chocolate unsweetened
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup sugar white

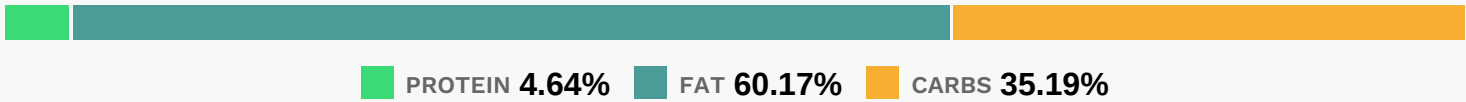
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ mixing bowl
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease an 8 inch square baking pan.
- ☐ Sprinkle pecans on cookie sheet and toast in oven until lightly colored. Set aside to cool.
- ☐ In saucepan over low heat, melt unsweetened chocolate and butter, stirring occasionally.
- ☐ Let cool.
- ☐ In a large mixing bowl, beat the eggs, sugar and vanilla. Fold in the melted chocolate. Sift together the flour, and salt and add to mixture, stirring lightly. Chop the semisweet chocolate into coarse chunks and add to mixture, along with pecans.
- ☐ Mix until just blended.
- ☐ Pour batter into pan and smooth top.
- ☐ Bake about 25 minutes.
- ☐ Let cool before cutting into bars.

Nutrition Facts



Properties

Glycemic Index:12.92, Glycemic Load:15.52, Inflammation Score:-4, Nutrition Score:7.8434782403967%

Flavonoids

Cyanidin: 1.22mg, Cyanidin: 1.22mg, Cyanidin: 1.22mg, Cyanidin: 1.22mg Delphinidin: 0.83mg, Delphinidin: 0.83mg, Delphinidin: 0.83mg, Delphinidin: 0.83mg Catechin: 3.86mg, Catechin: 3.86mg, Catechin: 3.86mg, Catechin:

3.86mg Epigallocatechin: 0.64mg, Epigallocatechin: 0.64mg, Epigallocatechin: 0.64mg, Epigallocatechin: 0.64mg
Epicatechin: 6.79mg, Epicatechin: 6.79mg, Epicatechin: 6.79mg, Epicatechin: 6.79mg Epigallocatechin 3–gallate:
0.26mg, Epigallocatechin 3–gallate: 0.26mg, Epigallocatechin 3–gallate: 0.26mg, Epigallocatechin 3–gallate:
0.26mg

Nutrients (% of daily need)

Calories: 325.55kcal (16.28%), Fat: 22.76g (35.01%), Saturated Fat: 9.41g (58.82%), Carbohydrates: 29.94g (9.98%),
Net Carbohydrates: 27.12g (9.86%), Sugar: 20.69g (22.99%), Cholesterol: 48.18mg (16.06%), Sodium: 17.1mg
(0.74%), Alcohol: 0.11g (100%), Alcohol %: 0.22% (100%), Caffeine: 11.91mg (3.97%), Protein: 3.95g (7.9%),
Manganese: 0.88mg (44.21%), Copper: 0.43mg (21.26%), Magnesium: 48.46mg (12.11%), Iron: 2.17mg (12.04%), Fiber:
2.82g (11.27%), Phosphorus: 99.23mg (9.92%), Vitamin B1: 0.14mg (9.52%), Zinc: 1.37mg (9.16%), Selenium: 6.41µg
(9.15%), Vitamin B2: 0.1mg (5.8%), Vitamin A: 287.05IU (5.74%), Folate: 20.26µg (5.06%), Potassium: 160mg
(4.57%), Vitamin E: 0.53mg (3.56%), Vitamin B3: 0.7mg (3.48%), Vitamin B5: 0.29mg (2.88%), Calcium: 26.2mg
(2.62%), Vitamin B6: 0.04mg (2.21%), Vitamin K: 2.24µg (2.13%), Vitamin D: 0.29µg (1.92%), Vitamin B12: 0.1µg
(1.64%)