



## Fudgey, Gooey Raspberry and Hazelnut Brownies – I Adore Food

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



367 kcal

DESSERT

### Ingredients

- 7 oz chocolate dark chopped
- 250 Gram butter
- 1.8 cup brown sugar
- 4 large eggs at room temperature
- 1.3 cup flour
- 0.3 Teaspoon double-acting baking powder
- 0.3 cup cocoa powder

- 1.5 cup raspberries fresh
- 0.5 cup hazelnuts flaked chopped

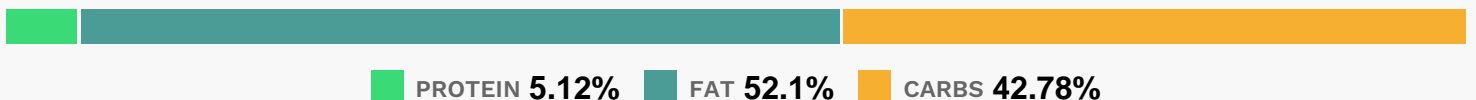
## Equipment

- bowl
- sauce pan
- baking paper
- oven
- cake form
- stand mixer

## Directions

- Preheat your oven to 350F (180C).
- In a small saucepan, slowly melt your butter and your chocolate, until completely smooth.
- Pour the chocolate mixture in a large bowl or in your stand mixer bowl.
- Scoop your brown sugar on top of your chocolate along with your eggs.
- On top of your bowl, sift in your flour, baking powder and cocoa. It is extremely important that you sift it to make sure no chunks are left and you get a smooth batter.
- Mix everything on low speed until well combined. Scrape off the bottom and the side of your bowl to make sure that the batter is even everywhere. Lightly mix in your hazelnuts until well combined. Don't over mix.
- Pour the mixture into an 9 inch square cake pan lined with parchment paper. Top the batter with raspberries and bake for 45 minutes. The brownies should be fudgy in the middle.

## Nutrition Facts



## Properties

Glycemic Index:17.56, Glycemic Load:6.97, Inflammation Score:-5, Nutrition Score:8.9308696777924%

## Flavonoids

Cyanidin: 5.4mg, Cyanidin: 5.4mg, Cyanidin: 5.4mg, Cyanidin: 5.4mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.11mg, Pelargonidin: 0.11mg, Pelargonidin: 0.11mg, Pelargonidin: 0.11mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.35mg, Catechin: 1.35mg, Catechin: 1.35mg, Catechin: 1.35mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 3.92mg, Epicatechin: 3.92mg, Epicatechin: 3.92mg, Epicatechin: 3.92mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

## Nutrients (% of daily need)

Calories: 366.95kcal (18.35%), Fat: 21.85g (33.61%), Saturated Fat: 11.79g (73.69%), Carbohydrates: 40.37g (13.46%), Net Carbohydrates: 36.98g (13.45%), Sugar: 27.09g (30.1%), Cholesterol: 80.47mg (26.82%), Sodium: 134.76mg (5.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 14.04mg (4.68%), Protein: 4.83g (9.66%), Manganese: 0.71mg (35.36%), Copper: 0.4mg (19.84%), Iron: 2.86mg (15.9%), Fiber: 3.39g (13.56%), Magnesium: 52.09mg (13.02%), Selenium: 9.03µg (12.89%), Phosphorus: 107.57mg (10.76%), Vitamin A: 467.27IU (9.35%), Vitamin E: 1.24mg (8.24%), Folate: 32.82µg (8.21%), Vitamin B1: 0.12mg (8.06%), Vitamin B2: 0.14mg (8.02%), Potassium: 222.56mg (6.36%), Zinc: 0.93mg (6.18%), Calcium: 54.39mg (5.44%), Vitamin B3: 0.96mg (4.81%), Vitamin B5: 0.41mg (4.14%), Vitamin C: 3.18mg (3.86%), Vitamin B6: 0.07mg (3.51%), Vitamin K: 3.52µg (3.35%), Vitamin B12: 0.17µg (2.88%), Vitamin D: 0.25µg (1.67%)