



Fudgy Brownies



Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



151 kcal

DESSERT

Ingredients

- ☐ 0.3 cup butter
- ☐ 2 ounces chocolate dark chopped
- ☐ 1 large eggs
- ☐ 2 large egg yolk
- ☐ 1 cup flour all-purpose
- ☐ 1 cup granulated sugar
- ☐ 0.3 cup milk 1% low-fat
- ☐ 0.3 teaspoon salt

- ☐ 0.5 cup cocoa powder unsweetened
- ☐ 1 teaspoon vanilla extract

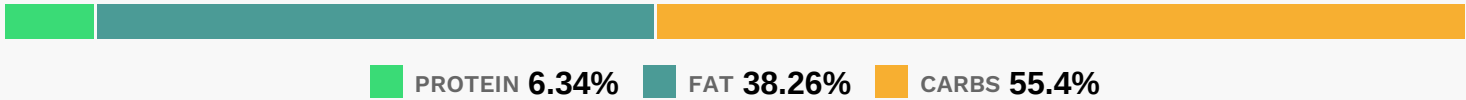
Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ baking pan
- ☐ microwave
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35
- ☐ Weigh or lightly spoon flour into a dry measuring cup; level with a knife.
- ☐ Combine flour, cocoa, and salt in a medium bowl; stir with a whisk.
- ☐ Place butter and chocolate in a medium microwave-safe bowl, and microwave at HIGH for 45 seconds, stirring every 15 seconds. Stir until smooth, and set aside. Cool slightly.
- ☐ Add 1 cup sugar, milk, 1 teaspoon vanilla extract, egg yolks, and egg; stir with a whisk to combine.
- ☐ Add butter mixture to flour mixture, stirring just until combined.
- ☐ Pour batter into an 8-inch square metal baking pan coated with cooking spray.
- ☐ Bake at 350 for 20 minutes or until a wooden pick inserted in center comes out almost clean.

Nutrition Facts



Properties

Glycemic Index:13.63, Glycemic Load:13.33, Inflammation Score:-2, Nutrition Score:3.9460868861364%

Flavonoids

Catechin: 1.74mg, Catechin: 1.74mg, Catechin: 1.74mg, Catechin: 1.74mg Epicatechin: 5.28mg, Epicatechin: 5.28mg, Epicatechin: 5.28mg, Epicatechin: 5.28mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 151.41kcal (7.57%), Fat: 6.73g (10.35%), Saturated Fat: 3.85g (24.06%), Carbohydrates: 21.92g (7.31%), Net Carbohydrates: 20.33g (7.39%), Sugar: 13.63g (15.15%), Cholesterol: 45.03mg (15.01%), Sodium: 75.22mg (3.27%), Alcohol: 0.09g (100%), Alcohol %: 0.27% (100%), Caffeine: 9.02mg (3.01%), Protein: 2.51g (5.01%), Manganese: 0.23mg (11.44%), Copper: 0.18mg (9.03%), Selenium: 5.62µg (8.03%), Iron: 1.28mg (7.1%), Fiber: 1.59g (6.37%), Magnesium: 24.26mg (6.06%), Phosphorus: 58.5mg (5.85%), Folate: 19.94µg (4.99%), Vitamin B2: 0.08mg (4.87%), Vitamin B1: 0.07mg (4.8%), Vitamin A: 174.31IU (3.49%), Zinc: 0.47mg (3.11%), Vitamin B3: 0.57mg (2.84%), Potassium: 88.8mg (2.54%), Vitamin B5: 0.19mg (1.86%), Vitamin B12: 0.11µg (1.83%), Calcium: 17.65mg (1.76%), Vitamin E: 0.23mg (1.51%), Vitamin D: 0.22µg (1.45%), Vitamin B6: 0.02mg (1.16%)