



Ghirardelli Fudgy Gluten-Free Brownies



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



16

CALORIES



181 kcal

DESSERT

Ingredients

- ☐ 1 cup cacao bittersweet chocolate chips 60% ghirardelli®
- ☐ 0.3 cup brown rice flour
- ☐ 2 eggs
- ☐ 0.5 teaspoon salt
- ☐ 0.8 cup sugar
- ☐ 6 tablespoons butter unsalted cut into chunks
- ☐ 1 teaspoon vanilla extract
- ☐ 0.5 cup almonds whole

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ double boiler
- ☐ baking pan
- ☐ toothpicks

Directions

- ☐ Preheat the oven to 325 degrees with a rack in the lower third of the oven. Line an 8x8-inch metal baking pan across the bottom and up two opposite sides with parchment paper.
- ☐ If using whole almonds, add them to a food process with the rice flour and pulse until the nuts are finely ground. If using almond flour, mix it with the rice flour. Set aside.
- ☐ Place the chocolate, butter and salt in the top of a large double boiler over barely simmering water. Stir frequently until the chocolate is melted and the mixture is smooth.
- ☐ Remove the bowl and let cool for 5 minutes. Stir in the sugar and vanilla. Stir in the eggs one at a time.
- ☐ Add the almond and rice flour mixture and stir until moistened, and then mix briskly about 40 strokes. Stir in the walnuts or pecans if using.
- ☐ Scrape the batter into the prepared pan and spread it evenly.
- ☐ Bake 20 to 25 minutes or until the brownies are slightly puffed all over and a toothpick inserted into the center comes out moist but clean. Cool the pan on a rack. Run a knife along the unlined sides of the pan to detach the brownies. Lift the edges of the parchment paper to remove the brownies.
- ☐ Cut into squares.

Nutrition Facts



 **PROTEIN 6.17%**  **FAT 52.09%**  **CARBS 41.74%**

Properties

Glycemic Index:5.01, Glycemic Load:6.59, Inflammation Score:-2, Nutrition Score:3.800434835903%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 180.89kcal (9.04%), Fat: 10.67g (16.41%), Saturated Fat: 6.32g (39.5%), Carbohydrates: 19.23g (6.41%), Net Carbohydrates: 18.09g (6.58%), Sugar: 13.47g (14.97%), Cholesterol: 31.86mg (10.62%), Sodium: 93.52mg (4.07%), Alcohol: 0.09g (100%), Alcohol %: 0.28% (100%), Protein: 2.84g (5.68%), Manganese: 0.25mg (12.64%), Vitamin E: 1.54mg (10.26%), Vitamin B2: 0.1mg (6.03%), Phosphorus: 58.93mg (5.89%), Magnesium: 20.6mg (5.15%), Calcium: 50.98mg (5.1%), Zinc: 0.69mg (4.63%), Fiber: 1.14g (4.55%), Copper: 0.08mg (3.99%), Selenium: 2.57µg (3.67%), Potassium: 122.9mg (3.51%), Vitamin A: 162.07IU (3.24%), Vitamin B6: 0.05mg (2.73%), Iron: 0.48mg (2.66%), Vitamin B1: 0.04mg (2.5%), Vitamin B5: 0.25mg (2.48%), Vitamin B3: 0.49mg (2.47%), Folate: 7.6µg (1.9%), Vitamin B12: 0.09µg (1.49%), Vitamin D: 0.19µg (1.26%), Vitamin K: 1.25µg (1.19%)