



Ghirardelli Fudgy Gluten-Free Brownies



Gluten Free



Popular



Low Fod Map

READY IN



45 min.

SERVINGS



16

CALORIES



228 kcal

DESSERT

Ingredients

- ☐ 1 cup cacao bittersweet chocolate chips 60% ghirardelli®
- ☐ 0.3 cup brown rice flour
- ☐ 2 eggs
- ☐ 1 cup pecans
- ☐ 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 5.91%**  **FAT 59.71%**  **CARBS 34.38%**

Properties

Glycemic Index:5.63, Glycemic Load:6.61, Inflammation Score:-2, Nutrition Score:5.4213043101456%

Flavonoids

Cyanidin: 0.84mg, Cyanidin: 0.84mg, Cyanidin: 0.84mg, Cyanidin: 0.84mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Catechin: 0.55mg, Catechin: 0.55mg, Catechin: 0.55mg, Catechin: 0.55mg Epigallocatechin: 0.5mg, Epigallocatechin: 0.5mg, Epigallocatechin: 0.5mg, Epigallocatechin: 0.5mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg 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: 227.97kcal (11.4%), Fat: 15.57g (23.95%), Saturated Fat: 6.74g (42.13%), Carbohydrates: 20.18g (6.73%), Net Carbohydrates: 18.38g (6.69%), Sugar: 13.74g (15.27%), Cholesterol: 31.86mg (10.62%), Sodium: 93.52mg (4.07%), Alcohol: 0.09g (100%), Alcohol %: 0.23% (100%), Protein: 3.46g (6.93%), Manganese: 0.56mg (27.97%), Vitamin E: 1.64mg (10.9%), Copper: 0.16mg (8.08%), Phosphorus: 77.8mg (7.78%), Magnesium: 28.84mg (7.21%), Fiber: 1.79g (7.17%), Zinc: 1mg (6.69%), Vitamin B2: 0.11mg (6.55%), Calcium: 55.75mg (5.57%), Vitamin B1: 0.08mg (5.5%), Potassium: 150.84mg (4.31%), Selenium: 2.82µg (4.04%), Iron: 0.65mg (3.62%), Vitamin B6: 0.07mg (3.44%), Vitamin A: 165.88IU (3.32%), Vitamin B5: 0.31mg (3.07%), Vitamin B3: 0.57mg (2.87%), Folate: 9.1µg (2.27%), Vitamin B12: 0.09µg (1.49%), Vitamin K: 1.49µg (1.42%), Vitamin D: 0.19µg (1.26%)