



Giant Brownies

 Vegetarian

READY IN



40 min.

SERVINGS



9

CALORIES



440 kcal

DESSERT

Ingredients

- ☐ 3 large eggs
- ☐ 4.5 ounces flour all-purpose well
- ☐ 1.8 cup granulated sugar
- ☐ 12 tablespoons butter unsalted salted
- ☐ 5 oz baking chocolate unsweetened cut into pieces
- ☐ 2 teaspoons vanilla

Equipment

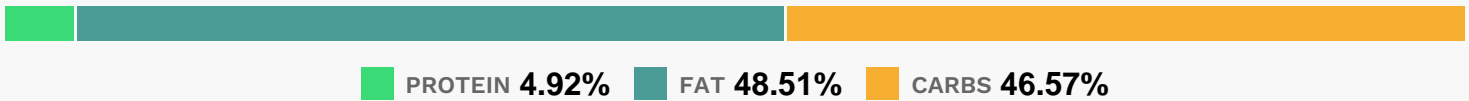
- ☐ bowl

- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ hand mixer
- ☐ aluminum foil
- ☐ microwave
- ☐ cutting board

Directions

- ☐ Preheat oven to 350 degrees F. Line a 9 inch square pan with nonstick foil or line with regular foil and spray foil with cooking spray.
- ☐ Place butter and cut-up chocolate in a microwave-safe bowl; Microwave on high for 30 seconds. Stir. Continue microwaving and stirring every 30 seconds until mixture is melted. Set aside and let cool for 5 minutes.In a second bowl, beat sugar, vanilla, and eggs with electric mixer on high for a full 5 minutes. Stir melted chocolate mixture into egg mixture. When chocolate is incorporated, stir in flour.
- ☐ Pour into pan and bake for 30 minutes. Cool on a wire rack. For a cleaner cut, chill the brownies before cutting.When cool, grasp foil, lift from pan, place on a cutting board and cut brownies into big squares.

Nutrition Facts



Properties

Glycemic Index:16.12, Glycemic Load:34.97, Inflammation Score:-6, Nutrition Score:9.8804346996805%

Flavonoids

Catechin: 10.13mg, Catechin: 10.13mg, Catechin: 10.13mg, Catechin: 10.13mg Epicatechin: 22.34mg, Epicatechin: 22.34mg, Epicatechin: 22.34mg, Epicatechin: 22.34mg

Nutrients (% of daily need)

Calories: 440.46kcal (22.02%), Fat: 25.23g (38.81%), Saturated Fat: 15.23g (95.17%), Carbohydrates: 54.49g (18.16%), Net Carbohydrates: 51.5g (18.73%), Sugar: 39.18g (43.53%), Cholesterol: 102.13mg (34.04%), Sodium: 30.25mg (1.32%), Alcohol: 0.31g (100%), Alcohol %: 0.37% (100%), Caffeine: 12.6mg (4.2%), Protein: 5.76g (11.51%),

Manganese: 0.76mg (38.1%), Copper: 0.55mg (27.4%), Iron: 3.71mg (20.63%), Selenium: 11.62µg (16.6%),
Magnesium: 57.1mg (14.28%), Zinc: 1.85mg (12.35%), Fiber: 3g (11.99%), Phosphorus: 115.84mg (11.58%), Vitamin A:
556.48IU (11.13%), Vitamin B2: 0.18mg (10.38%), Folate: 38.74µg (9.69%), Vitamin B1: 0.14mg (9.47%), Vitamin B3:
1.07mg (5.37%), Potassium: 175.46mg (5.01%), Vitamin E: 0.68mg (4.53%), Vitamin D: 0.61µg (4.09%), Vitamin B5:
0.36mg (3.65%), Calcium: 32.33mg (3.23%), Vitamin B12: 0.18µg (3%), Vitamin K: 2.93µg (2.79%), Vitamin B6:
0.04mg (1.98%)