



Glass Dish Brownies

READY IN



35 min.

SERVINGS



12

CALORIES



246 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon baking soda
- ☐ 3 oz bittersweet chocolate 60% ()
- ☐ 0.5 cup another chocolate chips dark
- ☐ 6 oz chocolate chips dark
- ☐ 2 large eggs cold
- ☐ 3 oz flour all-purpose
- ☐ 0.3 cup granulated sugar
- ☐ 0.3 cup brown sugar light
- ☐ 0.3 scant teaspoon salt

- ☐ 2 tablespoons butter unsalted
- ☐ 0.5 teaspoon vanilla extract
- ☐ 2 tablespoons water

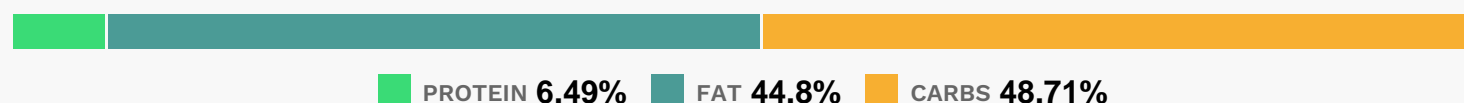
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat the oven to 325 degrees F. Grease an 8 inch square Pyrex dish and line with a strip of parchment so that the brownies can be removed from the pan. In a medium saucepan, gently melt the butter.
- ☐ Add the water and both sugars and bring to a boil.
- ☐ Remove from heat and stir in chopped chocolate and chocolate chips until melted and smooth. Chocolate will begin to thicken as you stir.
- ☐ Whisk the cold eggs in a second bowl, and then whisk or stir them into the chocolate mixture.
- ☐ Whisk in the vanilla.
- ☐ Combine the flour, baking soda and salt; stir into the chocolate mixture.
- ☐ Add the remaining chocolate chips (make sure that the batter is not so hot that it melts them) and spread batter evenly into the prepared pan.
- ☐ Bake for 25 minutes on the center rack until brownies appear.
- ☐ Let cool to room temperature and then chill slightly. Lift from pan and cut into squares.

Nutrition Facts



Properties

Glycemic Index:12.09, Glycemic Load:6.82, Inflammation Score:-2, Nutrition Score:4.9021738923114%

Nutrients (% of daily need)

Calories: 246.46kcal (12.32%), Fat: 12.29g (18.91%), Saturated Fat: 9.32g (58.23%), Carbohydrates: 30.06g (10.02%), Net Carbohydrates: 28.47g (10.35%), Sugar: 18.67g (20.74%), Cholesterol: 36.66mg (12.22%), Sodium: 60.4mg (2.63%), Alcohol: 0.06g (100%), Alcohol %: 0.13% (100%), Caffeine: 6.1mg (2.03%), Protein: 4.01g (8.02%), Selenium: 6.79µg (9.7%), Manganese: 0.18mg (8.92%), Calcium: 80.3mg (8.03%), Zinc: 1.11mg (7.43%), Copper: 0.15mg (7.38%), Phosphorus: 70.65mg (7.06%), Iron: 1.24mg (6.88%), Vitamin B2: 0.12mg (6.88%), Fiber: 1.58g (6.33%), Magnesium: 23.34mg (5.84%), Potassium: 203.46mg (5.81%), Vitamin B1: 0.08mg (5.54%), Folate: 21.55µg (5.39%), Vitamin B3: 0.72mg (3.58%), Vitamin E: 0.53mg (3.52%), Vitamin B5: 0.35mg (3.51%), Vitamin B12: 0.15µg (2.53%), Vitamin B6: 0.05mg (2.49%), Vitamin K: 2.39µg (2.28%), Vitamin A: 109.02IU (2.18%), Vitamin D: 0.2µg (1.34%)