



Gluten-Free Tuesday: Brownies



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



15

CALORIES



294 kcal

DESSERT

Ingredients

- ☐ 1 cup butter softened (2 sticks)
- ☐ 0.5 cup cocoa powder (either Dutch-process or natural)
- ☐ 0.5 cup cornstarch
- ☐ 4 large eggs
- ☐ 2 cups granulated sugar
- ☐ 1 cup rice flour white
- ☐ 0.5 teaspoon salt
- ☐ 2 teaspoons vanilla extract

☐ 0.3 teaspoon xanthan gum

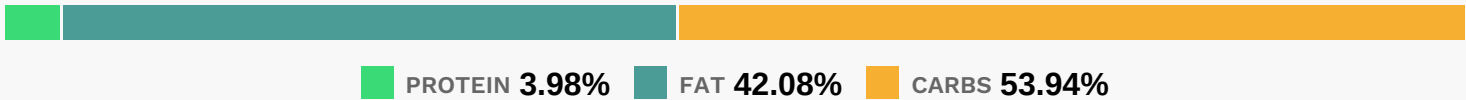
Equipment

- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ wire rack
- ☐ blender
- ☐ baking pan
- ☐ stand mixer

Directions

- ☐ Preheat oven to 325 degrees F. Lightly spray a 9 x 13-inch baking dish with gluten-free cooking spray.
- ☐ In a medium mixing bowl, whisk together dry ingredients. Set aside.
- ☐ In a large mixing bowl, cream together butter and sugar. (Use medium-high speed with a handheld mixer or medium speed with a stand mixer.)
- ☐ Add eggs.
- ☐ Mix until combined.
- ☐ Reduce mixer speed to medium.
- ☐ Add dry ingredients and vanilla extract.
- ☐ Mix until a batter forms.
- ☐ Spread batter into prepared pan.
- ☐ Bake for 35 to 40 minutes.
- ☐ Remove pan from the oven and place on a wire rack to cool. When cool, cut into squares.

Nutrition Facts



Properties

Glycemic Index:12.54, Glycemic Load:24.26, Inflammation Score:-3, Nutrition Score:3.9469565412273%

Flavonoids

Catechin: 1.86mg, Catechin: 1.86mg, Catechin: 1.86mg, Catechin: 1.86mg Epicatechin: 5.63mg, Epicatechin: 5.63mg, Epicatechin: 5.63mg, Epicatechin: 5.63mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 293.77kcal (14.69%), Fat: 14.17g (21.8%), Saturated Fat: 8.47g (52.93%), Carbohydrates: 40.87g (13.62%), Net Carbohydrates: 39.48g (14.36%), Sugar: 26.8g (29.78%), Cholesterol: 82.14mg (27.38%), Sodium: 196.5mg (8.54%), Alcohol: 0.18g (100%), Alcohol %: 0.32% (100%), Caffeine: 6.59mg (2.2%), Protein: 3.02g (6.03%), Manganese: 0.25mg (12.32%), Selenium: 6.54µg (9.35%), Vitamin A: 450.18IU (9%), Copper: 0.14mg (6.83%), Phosphorus: 62.25mg (6.22%), Fiber: 1.39g (5.57%), Magnesium: 20.13mg (5.03%), Vitamin B2: 0.08mg (4.75%), Iron: 0.71mg (3.93%), Vitamin B6: 0.07mg (3.66%), Vitamin E: 0.51mg (3.37%), Vitamin B5: 0.32mg (3.16%), Zinc: 0.47mg (3.15%), Vitamin B12: 0.14µg (2.41%), Potassium: 75.34mg (2.15%), Folate: 8.06µg (2.02%), Vitamin B3: 0.36mg (1.79%), Vitamin D: 0.27µg (1.78%), Calcium: 16.29mg (1.63%), Vitamin B1: 0.02mg (1.54%), Vitamin K: 1.17µg (1.12%)