



Granny's Brownies

 Vegetarian

READY IN



80 min.

SERVINGS



8

CALORIES



610 kcal

DESSERT

Ingredients

- 2 cups brown sugar packed
- 0.8 cup butter
- 3 eggs
- 1 cup flour all-purpose
- 4 ounce baker's chocolate unsweetened melted
- 1 teaspoon vanilla extract
- 1 cup walnut pieces chopped

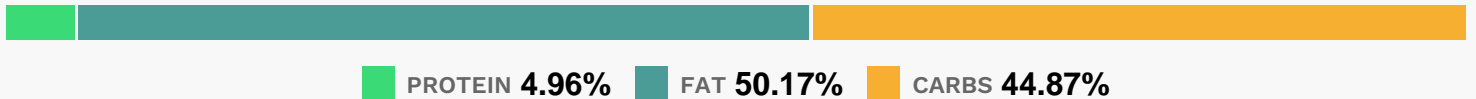
Equipment

- bowl
- frying pan
- oven
- wire rack
- baking pan
- toothpicks

Directions

- Preheat oven to 250 degrees F (120 degrees C). Grease an 8x8 inch baking pan.
- In a large bowl, cream together the butter, brown sugar, and eggs until light and fluffy. Stir in the unsweetened chocolate and vanilla until well blended.
- Mix in the flour, and then the walnuts.
- Spread batter evenly into the prepared pan.
- Bake for 1 hour in the preheated oven, or until a toothpick inserted into the center comes out clean. Cool in the pan on a wire rack before cutting into bars.

Nutrition Facts



Properties

Glycemic Index:18.13, Glycemic Load:8.84, Inflammation Score:-6, Nutrition Score:13.49999992679%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg Catechin: 9.12mg, Catechin: 9.12mg, Catechin: 9.12mg, Catechin: 9.12mg Epicatechin: 20.1mg, Epicatechin: 20.1mg, Epicatechin: 20.1mg, Epicatechin: 20.1mg

Nutrients (% of daily need)

Calories: 610.16kcal (30.51%), Fat: 35.93g (55.28%), Saturated Fat: 16.96g (106.01%), Carbohydrates: 72.31g (24.1%), Net Carbohydrates: 68.55g (24.93%), Sugar: 54.04g (60.04%), Cholesterol: 107.13mg (35.71%), Sodium: 179.72mg (7.81%), Alcohol: 0.17g (100%), Alcohol %: 0.16% (100%), Caffeine: 11.34mg (3.78%), Protein: 7.99g (15.98%), Manganese: 1.24mg (61.87%), Copper: 0.75mg (37.57%), Iron: 4.3mg (23.9%), Magnesium: 80.31mg (20.08%), Selenium: 13.1µg (18.71%), Phosphorus: 164.18mg (16.42%), Fiber: 3.75g (15.02%), Zinc: 2.18mg (14.5%), Folate: 55.84µg (13.96%), Vitamin B1: 0.2mg (13.41%), Vitamin A: 623.84IU (12.48%), Vitamin B2: 0.2mg (11.55%), Calcium:

91.05mg (9.1%), Potassium: 300.63mg (8.59%), Vitamin B6: 0.14mg (7.03%), Vitamin B3: 1.36mg (6.81%), Vitamin E: 0.84mg (5.57%), Vitamin B5: 0.52mg (5.25%), Vitamin K: 3.36µg (3.2%), Vitamin B12: 0.18µg (3.05%), Vitamin D: 0.33µg (2.2%)