



Grapeseed Oil Brownies

READY IN



40 min.

SERVINGS



16

CALORIES



164 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 1 tablespoon butter
- ☐ 0.3 cup extra chocolate chips dark
- ☐ 0.7 cup dutch process cocoa dark unsweetened (Hershey's Special or Callebaut)
- ☐ 1 large egg white
- ☐ 2 large eggs
- ☐ 1.5 cups granulated sugar
- ☐ 2 tablespoons grapeseed oil room temperature
- ☐ 0.4 teaspoon salt

- ☐ 1 ounce chocolate unsweetened chopped (not chip or semisweet)
- ☐ 1.3 teaspoons vanilla extract
- ☐ 4.5 ounces pastry flour whole wheat (or weighed) (even better!)

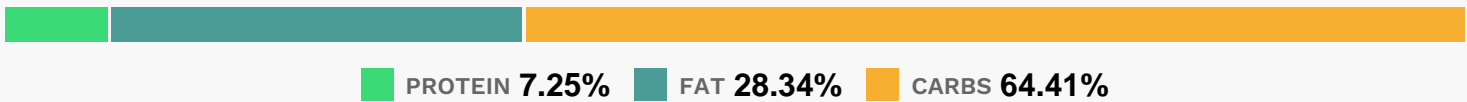
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 350 degrees F. Line an 8 inch metal pan (do not use glass) with nonstick foil. In a saucepan, melt the butter over medium heat.
- ☐ Add the chocolate, remove pan from heat and stir until chocolate melts in the hot butter. If residual heat doesn't melt the chocolate enough, put the pan back on low. Stir the grapeseed oil into the melted chocolate, then stir in the cocoa. The mixture will look like thick, black, mud. In a mixing bowl, whisk the eggs, egg white, sugar and vanilla.
- ☐ Whisk in the baking powder and the salt, then scrape in to thick chocolate mixture and stir well. Stir in the flour. When well mixed, stir in the chocolate chips.
- ☐ Bake on center rack for 30 minutes or until brownies appear set.
- ☐ Let cool completely on a rack. Lift from pan and slice into squares or for a cleaner cut, chill for a few hours and then cut. I always chill mine before cutting, then serve at room temperature.

Nutrition Facts



Properties

Glycemic Index:16.63, Glycemic Load:13.12, Inflammation Score:-2, Nutrition Score:5.3291304171409%

Flavonoids

Catechin: 3.46mg, Catechin: 3.46mg, Catechin: 3.46mg, Catechin: 3.46mg Epicatechin: 9.55mg, Epicatechin: 9.55mg, Epicatechin: 9.55mg, Epicatechin: 9.55mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 164.25kcal (8.21%), Fat: 5.62g (8.64%), Saturated Fat: 2.53g (15.79%), Carbohydrates: 28.74g (9.58%), Net Carbohydrates: 26.15g (9.51%), Sugar: 19.86g (22.07%), Cholesterol: 25.16mg (8.39%), Sodium: 90.24mg (3.92%), Alcohol: 0.11g (100%), Alcohol %: 0.29% (100%), Caffeine: 9.66mg (3.22%), Protein: 3.23g (6.47%), Manganese: 0.54mg (27.16%), Copper: 0.24mg (11.87%), Selenium: 8.18µg (11.69%), Fiber: 2.58g (10.32%), Magnesium: 36.68mg (9.17%), Phosphorus: 81.05mg (8.1%), Iron: 1.26mg (7.03%), Zinc: 0.81mg (5.37%), Vitamin E: 0.7mg (4.68%), Vitamin B2: 0.07mg (4.14%), Potassium: 128.99mg (3.69%), Vitamin B1: 0.05mg (3.39%), Calcium: 29.06mg (2.91%), Vitamin B3: 0.54mg (2.68%), Vitamin B6: 0.05mg (2.58%), Folate: 8.79µg (2.2%), Vitamin B5: 0.18mg (1.82%), Vitamin A: 56.62IU (1.13%), Vitamin B12: 0.07µg (1.11%)