



## Here's My Favorite Brownie --What's Yours?

READY IN



45 min.

SERVINGS



15

CALORIES



799 kcal

DESSERT

## Ingredients

- ☐ 1 pound bittersweet chocolate
- ☐ 6 extra large eggs
- ☐ 3.5 cups granulated sugar
- ☐ 0.8 teaspoon kosher salt
- ☐ 3.3 cups flour all-purpose
- ☐ 12 ounces butter unsalted
- ☐ 1 tablespoon vanilla extract pure
- ☐ 12 ounces walnut halves

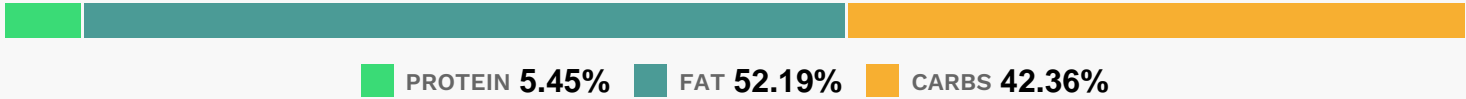
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ pot
- ☐ blender
- ☐ hand mixer

## Directions

- ☐ Lightly coat 11-by-17-inch jelly-roll pan with melted butter.
- ☐ With rack in middle position, preheat oven to 325°F.
- ☐ Spread the walnuts on a second baking sheet, and toast in oven until lightly browned, 10 to 12 minutes. Shake pan halfway through baking to ensure the nuts toast evenly.
- ☐ In a stainless-steel mixing bowl set over a pot of gently simmering water, melt the butter and chocolate together.
- ☐ Raise oven temperature to 350°F.
- ☐ In the bowl of an electric mixer fitted with the whisk attachment, beat the sugar, eggs, vanilla extract, and salt on medium-high until thick and mousseline, 3 to 5 minutes.
- ☐ Add the flour in 3 batches, turning mixer off before each addition and mixing on low speed until combined.
- ☐ Remove bowl from mixer, and stir in melted chocolate mixture and nuts.
- ☐ Pour batter into prepared jelly-roll pan; spread to an even thickness.
- ☐ Bake for 40 minutes, until brownies are firm to the touch.
- ☐ Before serving, slice into 3-by-four-inch squares. If desired, sift a fine layer of cocoa powder over the surface, brushing off excess cocoa for a velvety finish.
- ☐ Photograph from Belgianchocolate on Flickr

# Nutrition Facts



## Properties

Glycemic Index:11.01, Glycemic Load:47.85, Inflammation Score:-7, Nutrition Score:16.515217568563%

## Flavonoids

Cyanidin: 0.61mg, Cyanidin: 0.61mg, Cyanidin: 0.61mg, Cyanidin: 0.61mg

## Nutrients (% of daily need)

Calories: 798.8kcal (39.94%), Fat: 47.31g (72.79%), Saturated Fat: 20.45g (127.78%), Carbohydrates: 86.39g (28.8%), Net Carbohydrates: 81.72g (29.72%), Sugar: 58.55g (65.05%), Cholesterol: 133.9mg (44.63%), Sodium: 155.14mg (6.75%), Alcohol: 0.3g (100%), Alcohol %: 0.22% (100%), Caffeine: 26.01mg (8.67%), Protein: 11.11g (22.22%), Manganese: 1.37mg (68.55%), Copper: 0.8mg (40.04%), Selenium: 20.22µg (28.88%), Magnesium: 98.26mg (24.57%), Phosphorus: 236.19mg (23.62%), Iron: 4.25mg (23.61%), Folate: 83µg (20.75%), Vitamin B1: 0.31mg (20.65%), Fiber: 4.67g (18.68%), Vitamin B2: 0.3mg (17.79%), Vitamin A: 707.38IU (14.15%), Zinc: 2.01mg (13.38%), Vitamin B3: 2.14mg (10.68%), Potassium: 339.05mg (9.69%), Vitamin B6: 0.18mg (9.15%), Vitamin E: 1.11mg (7.43%), Vitamin B5: 0.71mg (7.07%), Calcium: 63.66mg (6.37%), Vitamin D: 0.79µg (5.25%), Vitamin B12: 0.29µg (4.87%), Vitamin K: 4.53µg (4.31%)