



## Holiday BAKER'S ONE BOWL Brownies

 Dairy Free

READY IN



50 min.

SERVINGS



18

CALORIES



260 kcal

DESSERT

### Ingredients

- ☐ 4 oz baker's chocolate unsweetened
- ☐ 0.8 cup butter (1-)
- ☐ 3 eggs
- ☐ 1 cup flour
- ☐ 2 cups granulated sugar
- ☐ 1 cup planters pecans coarsely chopped
- ☐ 1 tsp powdered sugar
- ☐ 1 tsp vanilla

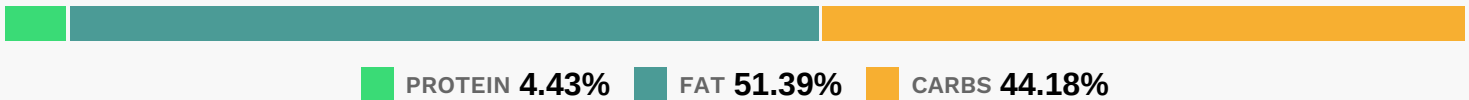
# Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ toothpicks
- ☐ aluminum foil
- ☐ cookie cutter
- ☐ microwave

# Directions

- ☐ Heat oven to 350F.
- ☐ Microwave chocolate and butter in large microwaveable bowl on HIGH 2 min. or until butter is melted. Stir until chocolate is completely melted. Stir in granulated sugar. Blend in eggs and vanilla.
- ☐ Add flour and nuts; mix well.
- ☐ Spread into greased foil-lined 13x9-inch pan.
- ☐ Bake 30 to 35 min. or until toothpick inserted in center comes out with fudgy crumbs. (Do not overbake.) Cool in pan.
- ☐ Cut brownie in pan into 18 decorative shapes with 1-1/2 inch star-shaped or holiday cookie cutters.
- ☐ Sprinkle with powdered sugar. Reserve the trimmings for snacking or another use (see Tip).

# Nutrition Facts



# Properties

Glycemic Index:8.62, Glycemic Load:19.37, Inflammation Score:-4, Nutrition Score:5.619130467915%

# Flavonoids

Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Catechin: 4.45mg, Catechin: 4.45mg, Catechin: 4.45mg, Catechin: 4.45mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 8.98mg, Epicatechin: 8.98mg, Epicatechin: 8.98mg, Epicatechin: 8.98mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg

Nutrients (% of daily need)

Calories: 260.11kcal (13.01%), Fat: 15.71g (24.16%), Saturated Fat: 4.2g (26.24%), Carbohydrates: 30.38g (10.13%), Net Carbohydrates: 28.62g (10.41%), Sugar: 22.66g (25.18%), Cholesterol: 27.28mg (9.09%), Sodium: 101.5mg (4.41%), Alcohol: 0.08g (100%), Alcohol %: 0.17% (100%), Caffeine: 5.04mg (1.68%), Protein: 3.04g (6.09%), Manganese: 0.56mg (28.04%), Copper: 0.29mg (14.33%), Iron: 1.7mg (9.43%), Selenium: 5.46µg (7.8%), Vitamin A: 381IU (7.62%), Magnesium: 29.98mg (7.49%), Fiber: 1.76g (7.05%), Vitamin B1: 0.1mg (6.93%), Zinc: 1mg (6.68%), Phosphorus: 64.64mg (6.46%), Vitamin B2: 0.09mg (5.25%), Folate: 19.22µg (4.81%), Vitamin E: 0.48mg (3.18%), Vitamin B3: 0.57mg (2.84%), Potassium: 97.15mg (2.78%), Vitamin B5: 0.21mg (2.09%), Calcium: 18.45mg (1.84%), Vitamin B6: 0.03mg (1.48%), Vitamin B12: 0.07µg (1.25%)