



## Honeybear Brownies with Nutella

READY IN



45 min.

SERVINGS



8

CALORIES



332 kcal

DESSERT

### Ingredients

- ☐ 2.3 oz spooned all purpose flour
- ☐ 2 large eggs
- ☐ 0.8 cup granulated sugar
- ☐ 0.3 cup honey
- ☐ 0.3 cup nutella -optional
- ☐ 0.5 scant teaspoon salt
- ☐ 2 ounces semi-sweet chocolate (not chips)
- ☐ 0.3 cup butter unsalted
- ☐ 0.3 cup cocoa powder unsweetened

☐ 2 teaspoons vanilla

## Equipment

☐ bowl

☐ frying pan

☐ oven

☐ knife

☐ wire rack

☐ hand mixer

☐ aluminum foil

## Directions

☐ Preheat oven to 350 degrees F. Line a 9 inch metal pan with foil and grease foil or line with parchment. Beat butter and sugar together in a small bowl using an electric mixer. Beat in the honey and vanilla.

☐ Add eggs one at a time, beating for 30 seconds after each egg. Beat in the salt.

☐ Combine flour and cocoa. By hand (so as not to overbeat), stir the flour mixture into the batter.

☐ Spread the batter in the pan going all the way to the edges.

☐ Bake on center rack for 25 minutes or until brownies test done.

☐ Let cool completely in pan. Carefully lift brownies from pan and trim ratty edges (make sure to taste test. It's imperative!).

☐ Cut in half two make two 9x 4 inch slabs.

☐ Spread Nutella over one slab. Stack second slab on top. Set the brownies back in the pan and chill for about an hour – this makes slicing neater. With a large knife, slice the brownie slab into 8 squares. Set the squares on a cooling rack. Melt the chocolate in a bowl set over but not touching a pan of barely simmering water. With a teaspoon, drizzle the chocolate over the brownie squares. Set the squares on a plate or back in the pan and chill until chocolate is set. Makes 8 big ones, or you can cut them smaller.

## Nutrition Facts



 **PROTEIN 4.83%**  **FAT 39.15%**  **CARBS 56.02%**

Properties

Glycemic Index:28.34, Glycemic Load:25.13, Inflammation Score:-4, Nutrition Score:6.4095652505108%

Flavonoids

Catechin: 2.32mg, Catechin: 2.32mg, Catechin: 2.32mg, Catechin: 2.32mg Epicatechin: 7.04mg, Epicatechin: 7.04mg, Epicatechin: 7.04mg, Epicatechin: 7.04mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 332.46kcal (16.62%), Fat: 14.99g (23.06%), Saturated Fat: 9.78g (61.1%), Carbohydrates: 48.26g (16.09%), Net Carbohydrates: 45.62g (16.59%), Sugar: 38.24g (42.48%), Cholesterol: 67.26mg (22.42%), Sodium: 25.1mg (1.09%), Alcohol: 0.34g (100%), Alcohol %: 0.52% (100%), Caffeine: 14.99mg (5%), Protein: 4.17g (8.33%), Manganese: 0.39mg (19.27%), Copper: 0.3mg (14.87%), Selenium: 8.31µg (11.87%), Iron: 2.02mg (11.21%), Fiber: 2.64g (10.57%), Magnesium: 40.2mg (10.05%), Phosphorus: 95.24mg (9.52%), Vitamin B2: 0.14mg (8.1%), Vitamin A: 307.69IU (6.15%), Folate: 23.49µg (5.87%), Vitamin E: 0.87mg (5.77%), Vitamin B1: 0.08mg (5.41%), Zinc: 0.79mg (5.27%), Potassium: 170.06mg (4.86%), Vitamin B3: 0.68mg (3.41%), Vitamin B5: 0.31mg (3.11%), Calcium: 30.72mg (3.07%), Vitamin B12: 0.17µg (2.76%), Vitamin D: 0.39µg (2.61%), Vitamin B6: 0.04mg (2.15%), Vitamin K: 1.5µg (1.43%)