



Jeanine's Decadent Brownies



Vegetarian



Dairy Free

READY IN



50 min.

SERVINGS



15

CALORIES



195 kcal

DESSERT

Ingredients

- ☐ 0.3 cup cocoa powder
- ☐ 4 eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 1 teaspoon salt
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup vegetable oil
- ☐ 2 cups sugar white

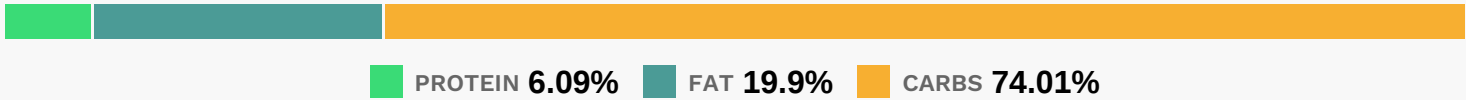
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ hand mixer
- ☐ toothpicks

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 9x13-inch baking dish.
- ☐ Mix sugar, flour, oil, cocoa powder, eggs, salt, and vanilla extract together in a bowl; beat with an electric mixer for 3 minutes. Fold walnuts into batter.
- ☐ Pour batter into the prepared baking dish.
- ☐ Bake in the preheated oven until a toothpick inserted in the center of the brownies comes out clean, 30 to 35 minutes.

Nutrition Facts



Properties

Glycemic Index:9.67, Glycemic Load:25.52, Inflammation Score:-2, Nutrition Score:3.7343478617461%

Flavonoids

Catechin: 0.93mg, Catechin: 0.93mg, Catechin: 0.93mg, Catechin: 0.93mg Epicatechin: 2.82mg, Epicatechin: 2.82mg, Epicatechin: 2.82mg, Epicatechin: 2.82mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 194.68kcal (9.73%), Fat: 4.43g (6.81%), Saturated Fat: 0.95g (5.91%), Carbohydrates: 37.05g (12.35%), Net Carbohydrates: 36.18g (13.16%), Sugar: 26.75g (29.72%), Cholesterol: 43.65mg (14.55%), Sodium: 172.54mg (7.5%), Alcohol: 0.09g (100%), Alcohol %: 0.17% (100%), Caffeine: 3.3mg (1.1%), Protein: 3.05g (6.1%), Selenium: 8.2µg (11.72%), Vitamin B2: 0.12mg (7.3%), Manganese: 0.15mg (7.28%), Folate: 28.85µg (7.21%), Vitamin B1: 0.1mg (6.93%), Iron: 1mg (5.56%), Vitamin K: 5.45µg (5.19%), Phosphorus: 47.27mg (4.73%), Copper: 0.08mg (4.15%), Vitamin B3: 0.78mg (3.9%), Fiber: 0.87g (3.47%), Magnesium: 11.35mg (2.84%), Vitamin E: 0.37mg (2.47%), Vitamin B5: 0.24mg (2.38%), Zinc: 0.34mg (2.27%), Vitamin B12: 0.1µg (1.74%), Vitamin D: 0.23µg (1.56%), Potassium: 52.31mg (1.49%), Vitamin B6: 0.03mg (1.36%), Vitamin A: 63.36IU (1.27%), Calcium: 10.67mg (1.07%)