



Katharine Hepburn Brownies

 Vegetarian

READY IN



60 min.

SERVINGS



9

CALORIES



322 kcal

DESSERT

Ingredients

- 4 oz butter (unsalted plus more for buttering the pan)
- 2 ounces baker's chocolate (unsweetened)
- 1 cup granulated sugar
- 2 large eggs (lightly beaten)
- 0.5 teaspoon vanilla extract
- 0.3 cup flour (all-purpose)
- 0.3 teaspoon salt
- 1 cup walnut pieces (roughly chopped)

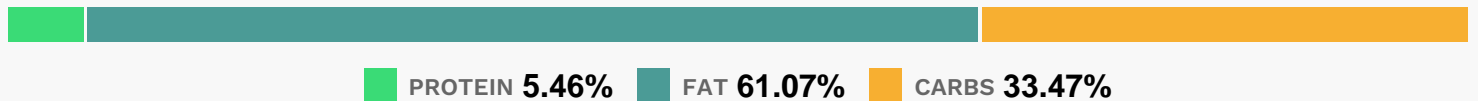
Equipment

- frying pan
- sauce pan
- baking paper
- oven
- baking pan
- toothpicks

Directions

- Preheat the oven to 325°F (160°C). Butter an 8-inch square baking pan. Line the pan with parchment paper and butter the paper.
- Melt the butter and chocolate together in a large saucepan over low heat, stirring constantly, until combined.
- Remove the pan from the heat and stir in the sugar.
- Add the eggs and vanilla and stir to make a smooth batter.
- Add the flour, salt, and walnuts and stir until incorporated.
- Pour the batter into the prepared baking pan and spread evenly.
- Bake until a toothpick inserted in the center comes out clean, 40 to 45 minutes.
- Let cool on a rack.
- Cut into squares and serve.

Nutrition Facts



Properties

Glycemic Index:18.34, Glycemic Load:17.61, Inflammation Score:-4, Nutrition Score:7.2299999652997%

Flavonoids

Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg Catechin: 4.05mg, Catechin: 4.05mg, Catechin: 4.05mg, Catechin: 4.05mg Epicatechin: 8.94mg, Epicatechin: 8.94mg, Epicatechin: 8.94mg,

Epicatechin: 8.94mg

Nutrients (% of daily need)

Calories: 321.65kcal (16.08%), Fat: 23.15g (35.62%), Saturated Fat: 9.66g (60.38%), Carbohydrates: 28.56g (9.52%), Net Carbohydrates: 26.55g (9.65%), Sugar: 22.66g (25.18%), Cholesterol: 68.42mg (22.81%), Sodium: 83.84mg (3.65%), Alcohol: 0.08g (100%), Alcohol %: 0.14% (100%), Caffeine: 5.04mg (1.68%), Protein: 4.65g (9.31%), Manganese: 0.74mg (36.76%), Copper: 0.43mg (21.36%), Magnesium: 43.52mg (10.88%), Iron: 1.84mg (10.25%), Phosphorus: 98.97mg (9.9%), Selenium: 5.99µg (8.56%), Fiber: 2.01g (8.04%), Zinc: 1.19mg (7.93%), Vitamin A: 377.47IU (7.55%), Folate: 26.46µg (6.61%), Vitamin B2: 0.1mg (6.03%), Vitamin B1: 0.09mg (5.73%), Vitamin B6: 0.09mg (4.62%), Potassium: 132.48mg (3.79%), Vitamin E: 0.53mg (3.52%), Calcium: 29.16mg (2.92%), Vitamin B5: 0.28mg (2.84%), Vitamin D: 0.41µg (2.74%), Vitamin B3: 0.45mg (2.25%), Vitamin B12: 0.12µg (2.01%), Vitamin K: 1.89µg (1.8%)