



Kristin's Fudgy Brownies

READY IN



120 min.

SERVINGS



15

CALORIES



303 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.8 cup butter melted
- ☐ 0.5 cup chocolate syrup (such as Hershey's®)
- ☐ 3 eggs
- ☐ 1 cup flour all-purpose
- ☐ 0.5 teaspoon salt
- ☐ 1 cup semi chocolate chips
- ☐ 0.3 cup cocoa powder unsweetened
- ☐ 1.5 teaspoons vanilla extract

☐ 1.5 cups sugar white

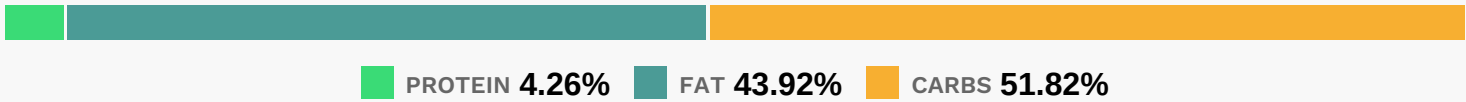
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ baking pan

Directions

- ☐ Preheat an oven to 350 degrees F (175 degrees C). Grease a 9x13 inch baking dish.
- ☐ Mix together the flour, cocoa powder, baking powder, and salt in a bowl; set aside.
- ☐ Whisk the sugar, butter, and vanilla extract in a mixing bowl.
- ☐ Add the eggs and chocolate syrup; mix until evenly incorporated. Stir in the flour mixture and chocolate chips; stir until just moistened and pour into the prepared baking dish.
- ☐ Bake in the preheated oven until the top is dry and the edges have started to pull away from the sides of the pan, about 40 minutes. Cool completely before serving.

Nutrition Facts



Properties

Glycemic Index:19.14, Glycemic Load:18.6, Inflammation Score:-4, Nutrition Score:5.3965217194156%

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: 303.17kcal (15.16%), Fat: 15.09g (23.22%), Saturated Fat: 8.93g (55.83%), Carbohydrates: 40.07g (13.36%), Net Carbohydrates: 38.09g (13.85%), Sugar: 29.47g (32.74%), Cholesterol: 57.86mg (19.29%), Sodium: 186.23mg

(8.1%), Alcohol: 0.14g (100%), Alcohol %: 0.24% (100%), Caffeine: 14.22mg (4.74%), Protein: 3.29g (6.58%), Manganese: 0.31mg (15.67%), Copper: 0.28mg (13.77%), Selenium: 7.11µg (10.16%), Iron: 1.74mg (9.65%), Magnesium: 37.97mg (9.49%), Phosphorus: 86.71mg (8.67%), Fiber: 1.98g (7.9%), Vitamin A: 337.16IU (6.74%), Vitamin B2: 0.1mg (6.1%), Folate: 20.39µg (5.1%), Vitamin B1: 0.08mg (5.03%), Zinc: 0.67mg (4.49%), Potassium: 137.05mg (3.92%), Vitamin B3: 0.67mg (3.35%), Vitamin E: 0.44mg (2.9%), Calcium: 27.7mg (2.77%), Vitamin B5: 0.22mg (2.25%), Vitamin B12: 0.12µg (1.99%), Vitamin K: 1.8µg (1.71%), Vitamin B6: 0.03mg (1.27%), Vitamin D: 0.18µg (1.17%)