



Linda's Awesome Brownies

 Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



196 kcal

DESSERT

Ingredients

- 1 cup butter
- 4 eggs
- 1.5 cups flour all-purpose
- 1 pinch salt
- 4 ounce chocolate unsweetened
- 2 teaspoons vanilla extract
- 2 cups sugar white

Equipment


frying pan

oven

Directions

- Preheat oven to 350 degrees F (180 degrees C). Grease and flour a 9x13 inch baking pan.
- Melt the butter over medium heat.
- Remove from heat and stir in the chocolate until smooth. Beat in the eggs one at a time, then stir in the sugar and vanilla.
- Combine the flour and salt, gently stir into the mixture until just blended.
- Spread evenly into the prepared pan.
- Bake for 25 to 30 minutes in the preheated oven, until brownies begin to pull away from the sides of the pan.

Nutrition Facts

 **PROTEIN 4.73%**  **FAT 48.23%**  **CARBS 47.04%**

Properties

Glycemic Index:8.13, Glycemic Load:15.95, Inflammation Score:-3, Nutrition Score:3.7943478459897%

Flavonoids

Catechin: 3.04mg, Catechin: 3.04mg, Catechin: 3.04mg, Catechin: 3.04mg Epicatechin: 6.7mg, Epicatechin: 6.7mg, Epicatechin: 6.7mg, Epicatechin: 6.7mg

Nutrients (% of daily need)

Calories: 195.54kcal (9.78%), Fat: 10.97g (16.88%), Saturated Fat: 6.63g (41.45%), Carbohydrates: 24.07g (8.02%), Net Carbohydrates: 23.08g (8.39%), Sugar: 16.77g (18.64%), Cholesterol: 47.62mg (15.87%), Sodium: 74.33mg (3.23%), Alcohol: 0.11g (100%), Alcohol %: 0.31% (100%), Caffeine: 3.78mg (1.26%), Protein: 2.42g (4.84%), Manganese: 0.25mg (12.68%), Copper: 0.17mg (8.53%), Selenium: 5.48µg (7.82%), Iron: 1.32mg (7.35%), Vitamin A: 275.96IU (5.52%), Vitamin B2: 0.08mg (4.91%), Folate: 19.35µg (4.84%), Vitamin B1: 0.07mg (4.78%), Magnesium: 18.28mg (4.57%), Phosphorus: 44.15mg (4.41%), Zinc: 0.61mg (4.1%), Fiber: 1g (3.98%), Vitamin B3: 0.54mg (2.68%), Vitamin E: 0.32mg (2.13%), Potassium: 60.79mg (1.74%), Vitamin B5: 0.17mg (1.65%), Vitamin B12: 0.08µg (1.36%), Calcium: 12.52mg (1.25%), Vitamin K: 1.17µg (1.11%)