



## Loaf Pan Brownies

 Vegetarian

READY IN



42 min.

SERVINGS



8

CALORIES



266 kcal

DESSERT

### Ingredients

- ☐ 2 large eggs
- ☐ 0.3 cup level tablespoons flour all-purpose (2 oz)
- ☐ 1 cup granulated sugar
- ☐ 0.3 teaspoon salt
- ☐ 5 tablespoons butter unsalted
- ☐ 2.5 ounces chocolate unsweetened
- ☐ 1 teaspoon vanilla
- ☐ 0.3 cup walnuts toasted coarsely chopped

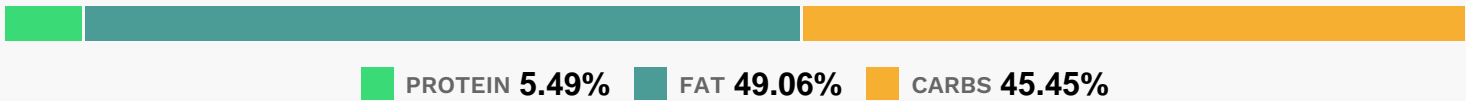
# Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ mixing bowl
- ☐ blender
- ☐ loaf pan
- ☐ hand mixer
- ☐ aluminum foil
- ☐ microwave

# Directions

- ☐ Preheat oven to 350°F. Line a 9 x5 inch metal loaf pan with non-stick foil.Melt butter in medium size microwave-safe bowl or in a 2 cup Pyrex measure.
- ☐ Add the chocolate and stir until almost fully melted.
- ☐ Add about half of the sugar to the chocolate and stir well. Return chocolate to microwave and heat on high for another 20 seconds, then stir again until the chocolate mixture is smooth and chocolate is fully melted.In a medium size mixing bowl, beat the eggs with a hand-held electric mixer for about a minute. With mixer going, gradually add the remaining sugar and continue beating for about 5 minutes or until mixture is light and slightly thicker. With a spoon, beat in the melted chocolate mixture, salt and vanilla, then stir in the flour and the nuts.
- ☐ Pour batter into pan and bake for 32-35 minutes or until edges have pulled away from sides of pan and brownies are fragrant.
- ☐ Let cool at room temperature for about 30 minutes, then chill for about 2 hours before slicing.

# Nutrition Facts



# Properties

Glycemic Index:20.64, Glycemic Load:20.38, Inflammation Score:-4, Nutrition Score:6.2234782574941%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Catechin: 5.7mg, Catechin: 5.7mg, Catechin: 5.7mg, Catechin: 5.7mg Epicatechin: 12.56mg, Epicatechin: 12.56mg, Epicatechin: 12.56mg, Epicatechin: 12.56mg

Nutrients (% of daily need)

Calories: 265.56kcal (13.28%), Fat: 15.44g (23.75%), Saturated Fat: 7.98g (49.9%), Carbohydrates: 32.18g (10.73%), Net Carbohydrates: 30.32g (11.03%), Sugar: 25.25g (28.06%), Cholesterol: 65.31mg (21.77%), Sodium: 93.98mg (4.09%), Alcohol: 0.17g (100%), Alcohol %: 0.34% (100%), Caffeine: 7.09mg (2.36%), Protein: 3.89g (7.77%), Manganese: 0.54mg (26.78%), Copper: 0.36mg (18.23%), Iron: 2.12mg (11.8%), Selenium: 6.74µg (9.63%), Magnesium: 37.63mg (9.41%), Phosphorus: 80.59mg (8.06%), Zinc: 1.17mg (7.83%), Fiber: 1.86g (7.42%), Vitamin B2: 0.11mg (6.2%), Vitamin A: 286.89IU (5.74%), Folate: 21.73µg (5.43%), Vitamin B1: 0.07mg (4.79%), Potassium: 115.83mg (3.31%), Vitamin E: 0.4mg (2.66%), Vitamin B5: 0.26mg (2.6%), Vitamin D: 0.38µg (2.54%), Vitamin B3: 0.48mg (2.42%), Vitamin B6: 0.05mg (2.3%), Calcium: 22.76mg (2.28%), Vitamin B12: 0.13µg (2.1%), Vitamin K: 1.62µg (1.55%)