



Maida's Palm Beach Brownies

 Vegetarian

READY IN



50 min.

SERVINGS



24

CALORIES



348 kcal

DESSERT

Ingredients

- ☐ 0.5 tsp almond extract
- ☐ 5 large eggs
- ☐ 3.8 cup granulated sugar
- ☐ 4 teaspoons espresso powder instant
- ☐ 0.3 teaspoon salt
- ☐ 1.7 C unbleached all purpose flour — sifted
- ☐ 8 oz butter unsalted
- ☐ 8 oz chocolate unsweetened chopped

- ☐ 2 tsp vanilla extract pure
- ☐ 2 cups walnuts toasted (I omitted)

Equipment

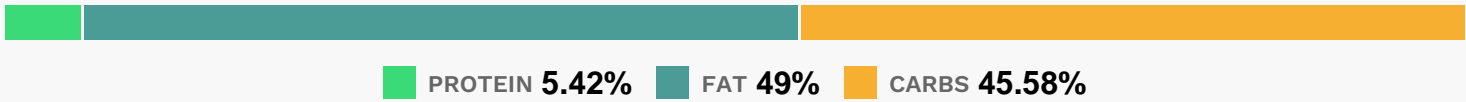
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ blender
- ☐ toothpicks
- ☐ aluminum foil
- ☐ stand mixer

Directions

- ☐ Adjust an oven rack one-third up from the bottom and preheat oven to 425 degrees. Line a 9x13x2-inch metal pan with nonstick foil or parchment paper. Melt the butter in a heavy saucepan. When almost melted, reduce heat to low and add chocolate. Stir until chocolate is very soft, then remove from heat and let chocolate melt in the residual heat of the butter. In the bowl of a stand mixer, beat the eggs with the vanilla and almond extracts, salt, espresso and sugar at high speed for 10 minutes. On low speed, add the chocolate mixture and beat only until mixed.
- ☐ Remove the bowl from the mixer and stir in the flour and the nuts.
- ☐ Pour the batter into the prepared pan.
- ☐ Bake for 35 minutes, reversing the pan from front to back once to ensure even baking (Maida covers her brownies loosely with foil halfway through to prevent burning, but I didn't). At the end of 35 minutes, the cake will have a firm crust, but when tested with a toothpick will appear underbaked. Take them out anyway.
- ☐ Remove the pan from the oven and let stand until cool. Invert the brownies onto a cookie sheet and remove the foil. Cover with length of waxed paper and another cookie sheet..invert again. This cake is best covered and refrigerated for a few hours or overnight before it is cut

into bars.

Nutrition Facts



Properties

Glycemic Index:3.75, Glycemic Load:21.95, Inflammation Score:-4, Nutrition Score:8.1734783092271%

Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg Catechin: 6.08mg, Catechin: 6.08mg, Catechin: 6.08mg, Catechin: 6.08mg Epicatechin: 13.4mg, Epicatechin: 13.4mg, Epicatechin: 13.4mg, Epicatechin: 13.4mg

Nutrients (% of daily need)

Calories: 347.52kcal (17.38%), Fat: 20.14g (30.99%), Saturated Fat: 8.85g (55.31%), Carbohydrates: 42.17g (14.06%), Net Carbohydrates: 39.71g (14.44%), Sugar: 31.65g (35.17%), Cholesterol: 59.07mg (19.69%), Sodium: 43.1mg (1.87%), Alcohol: 0.15g (100%), Alcohol %: 0.24% (100%), Caffeine: 12.79mg (4.26%), Protein: 5.01g (10.02%), Manganese: 0.79mg (39.72%), Copper: 0.48mg (24.24%), Iron: 2.54mg (14.1%), Magnesium: 50.25mg (12.56%), Selenium: 7.69µg (10.98%), Phosphorus: 104.33mg (10.43%), Fiber: 2.46g (9.83%), Zinc: 1.42mg (9.46%), Folate: 33.27µg (8.32%), Vitamin B1: 0.12mg (8%), Vitamin B2: 0.12mg (7.31%), Vitamin A: 294.53IU (5.89%), Potassium: 154.54mg (4.42%), Vitamin B3: 0.81mg (4.05%), Vitamin B6: 0.08mg (3.84%), Vitamin E: 0.45mg (3.03%), Calcium: 29.11mg (2.91%), Vitamin B5: 0.28mg (2.8%), Vitamin D: 0.35µg (2.33%), Vitamin K: 1.9µg (1.81%), Vitamin B12: 0.11µg (1.81%)