



## Mel's Awesome Brownies

 Vegetarian

READY IN



50 min.

SERVINGS



15

CALORIES



364 kcal

DESSERT

### Ingredients

- 1 teaspoon baking soda
- 0.5 cup butter melted
- 0.5 cup buttermilk
- 4 cups confectioners' sugar
- 2 eggs
- 2 cups flour all-purpose
- 0.3 cup milk
- 0.3 cup cocoa powder unsweetened

- 1 teaspoon vanilla extract
- 1 cup water
- 2 cups sugar white

## Equipment

- bowl
- frying pan
- sauce pan
- oven

## Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease a 9x13 inch pan.
- In a large bowl, stir together the flour, sugar, baking soda and 1/3 cup cocoa. In a small saucepan, combine water and 2/3 cup of butter; bring to a boil. Allow the butter and water to cool down a bit before adding to the dry ingredients. Beat in the buttermilk and eggs last.
- Spread evenly into the prepared pan.
- Bake for 30 to 35 minutes in the preheated oven. Allow to cool for 20 minutes before frosting.
- To make the frosting: In a large bowl, stir together the confectioners' sugar, 1/3 cup cocoa, milk and vanilla until smooth. Beat in the melted butter until light and fluffy.
- Spread over brownies while they are still slightly warm.
- Cut into squares when cool.

## Nutrition Facts



**PROTEIN 3.56%** **FAT 18.38%** **CARBS 78.06%**

## Properties

Glycemic Index:17.61, Glycemic Load:28.04, Inflammation Score:-3, Nutrition Score:4.4626087209453%

## Flavonoids

Catechin: 1.24mg, Catechin: 1.24mg, Catechin: 1.24mg, Catechin: 1.24mg Epicatechin: 3.75mg, Epicatechin: 3.75mg, Epicatechin: 3.75mg, Epicatechin: 3.75mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin:

0.19mg

## Nutrients (% of daily need)

Calories: 363.79kcal (18.19%), Fat: 7.64g (11.76%), Saturated Fat: 4.51g (28.16%), Carbohydrates: 73.04g (24.35%), Net Carbohydrates: 71.89g (26.14%), Sugar: 58.7g (65.22%), Cholesterol: 39.62mg (13.21%), Sodium: 142.86mg (6.21%), Alcohol: 0.09g (100%), Alcohol %: 0.1% (100%), Caffeine: 4.4mg (1.47%), Protein: 3.33g (6.67%), Selenium: 8.55µg (12.22%), Manganese: 0.19mg (9.61%), Vitamin B1: 0.14mg (9.46%), Vitamin B2: 0.15mg (8.76%), Folate: 34.5µg (8.62%), Iron: 1.18mg (6.55%), Phosphorus: 57.75mg (5.78%), Copper: 0.11mg (5.48%), Vitamin B3: 1.05mg (5.24%), Vitamin A: 242.76IU (4.86%), Fiber: 1.16g (4.63%), Magnesium: 15.7mg (3.92%), Calcium: 27.01mg (2.7%), Zinc: 0.39mg (2.6%), Vitamin B5: 0.23mg (2.27%), Potassium: 77.3mg (2.21%), Vitamin B12: 0.13µg (2.19%), Vitamin D: 0.28µg (1.87%), Vitamin E: 0.26mg (1.72%), Vitamin B6: 0.03mg (1.3%)