



Meltaway Brownies

 Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



128 kcal

DESSERT

Ingredients

- ☐ 0.8 cup brown sugar packed
- ☐ 0.5 cup butter
- ☐ 2 eggs
- ☐ 0.3 cup flour all-purpose
- ☐ 0.3 teaspoon salt
- ☐ 4 ounce chocolate unsweetened
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup walnuts chopped

☐ 0.3 cup water

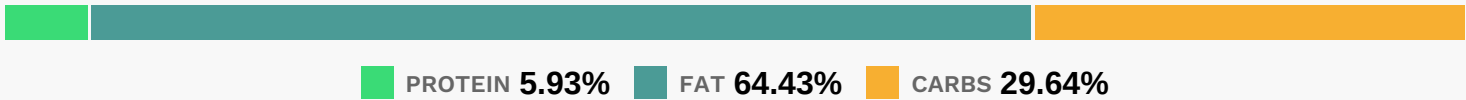
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ hand mixer

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Melt together butter and chocolate in a small saucepan over low heat.
- ☐ Remove from heat.
- ☐ Add and stir in brown sugar; cool slightly.
- ☐ Add water, egg yolk and vanilla; beat well. Stir in flour and salt. Set aside.
- ☐ Beat egg whites until stiff peaks form, using an electric mixer at high speed. Fold egg whites into chocolate mixture, then fold in chopped nuts.
- ☐ Pour into greased 9 inch square pan.
- ☐ Bake for 35 minutes or until set around the edges. Cool a few minutes and remove from pan. Cool on rack.

Nutrition Facts



Properties

Glycemic Index:6.04, Glycemic Load:1.03, Inflammation Score:-2, Nutrition Score:3.6147825724405%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg 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: 127.63kcal (6.38%), Fat: 9.85g (15.16%), Saturated Fat: 4.38g (27.35%), Carbohydrates: 10.2g (3.4%), Net Carbohydrates: 9.04g (3.29%), Sugar: 6.88g (7.65%), Cholesterol: 23.81mg (7.94%), Sodium: 63.17mg (2.75%), Alcohol: 0.06g (100%), Alcohol %: 0.25% (100%), Caffeine: 3.78mg (1.26%), Protein: 2.04g (4.08%), Manganese: 0.38mg (19.05%), Copper: 0.24mg (11.96%), Iron: 1.16mg (6.44%), Magnesium: 24.73mg (6.18%), Phosphorus: 46.32mg (4.63%), Fiber: 1.16g (4.63%), Zinc: 0.67mg (4.48%), Selenium: 2.47µg (3.52%), Folate: 11.21µg (2.8%), Vitamin A: 138.96IU (2.78%), Vitamin B1: 0.04mg (2.59%), Vitamin B2: 0.04mg (2.3%), Potassium: 78.16mg (2.23%), Calcium: 18.81mg (1.88%), Vitamin B6: 0.04mg (1.87%), Vitamin E: 0.2mg (1.35%), Vitamin B3: 0.23mg (1.17%), Vitamin B5: 0.11mg (1.14%)