



## Mini Bar Pan Brownies

READY IN



45 min.

SERVINGS



12

CALORIES



209 kcal

DESSERT

## Ingredients

- ☐ 0.3 teaspoon double-acting baking powder
- ☐ 0.3 cup chocolate chips miniature
- ☐ 0.3 cup chocolate chips dark
- ☐ 2 large eggs cold
- ☐ 2.3 ounces flour all-purpose
- ☐ 0.8 cup granulated sugar
- ☐ 0.3 teaspoon salt
- ☐ 6 tablespoons butter unsalted
- ☐ 0.3 cup cocoa powder unsweetened

- ☐ 0.3 teaspoon vanilla extract
- ☐ 0.3 cup walnuts  toasted chopped

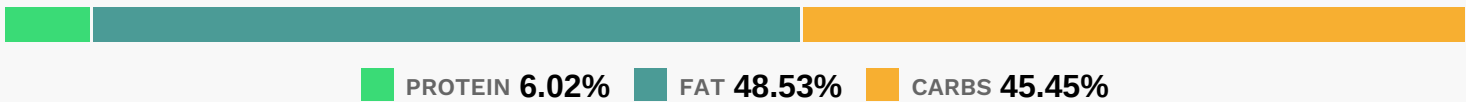
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ baking pan

## Directions

- ☐ Preheat oven to 350 degrees. Spray a 12 indentation mini bar/dessert pan with baking spray.Melt butter in a large saucepan set over medium heat. When melted, remove from heat and add chocolate chips. Stir until melted, then stir in the cocoa powder and sugar. Set aside and let cool to lukewarm.Stir the flour, baking powder and salt together in a small bowl
- ☐ When the chocolate/butter mixture has gone from hot to warm, stir in the cold eggs and vanilla.
- ☐ Add the flour mixture and stir to combine, then stir in the walnuts. Make sure the batter is cool, then add chocolate chips if using.
- ☐ Pour batter into prepared baking pan and bake 16–18 or until brownies appear set.
- ☐ Let cool in the pan for about 15 minutes, then use a knife to carefully dislodge the bars from the pan.

## Nutrition Facts



## Properties

Glycemic Index:21.42, Glycemic Load:11.79, Inflammation Score:-3, Nutrition Score:4.1313043466729%

## Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Catechin: 1.55mg, Catechin: 1.55mg, Catechin: 1.55mg, Catechin: 1.55mg Epicatechin: 4.69mg, Epicatechin: 4.69mg, Epicatechin: 4.69mg, Epicatechin: 4.69mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 209.1kcal (10.45%), Fat: 11.75g (18.07%), Saturated Fat: 6.43g (40.19%), Carbohydrates: 24.76g (8.25%), Net Carbohydrates: 23.18g (8.43%), Sugar: 17.49g (19.44%), Cholesterol: 46.85mg (15.62%), Sodium: 79.44mg (3.45%), Alcohol: 0.03g (100%), Alcohol %: 0.07% (100%), Caffeine: 5.49mg (1.83%), Protein: 3.28g (6.56%), Manganese: 0.25mg (12.51%), Copper: 0.17mg (8.36%), Selenium: 5.31µg (7.58%), Fiber: 1.57g (6.29%), Phosphorus: 60.96mg (6.1%), Iron: 0.97mg (5.38%), Magnesium: 21.22mg (5.31%), Vitamin B2: 0.09mg (5.25%), Folate: 19.07µg (4.77%), Vitamin A: 232.28IU (4.65%), Vitamin B1: 0.06mg (4.29%), Zinc: 0.59mg (3.95%), Calcium: 39.42mg (3.94%), Potassium: 101.69mg (2.91%), Vitamin E: 0.36mg (2.38%), Vitamin B3: 0.47mg (2.35%), Vitamin B5: 0.22mg (2.21%), Vitamin B6: 0.04mg (2.18%), Vitamin D: 0.27µg (1.81%), Vitamin B12: 0.1µg (1.67%), Vitamin K: 1.06µg (1.01%)