



Mini chocolate & ginger brownies

 Vegetarian

READY IN



60 min.

SERVINGS



36

CALORIES



154 kcal

DESSERT

Ingredients

- ☐ 150 g chocolate dark
- ☐ 250 g butter
- ☐ 200 g brown sugar soft
- ☐ 150 g self raising flour
- ☐ 50 g cocoa powder sifted
- ☐ 3 large eggs beaten
- ☐ 125 g ginger chopped
- ☐ 36 servings powdered sugar

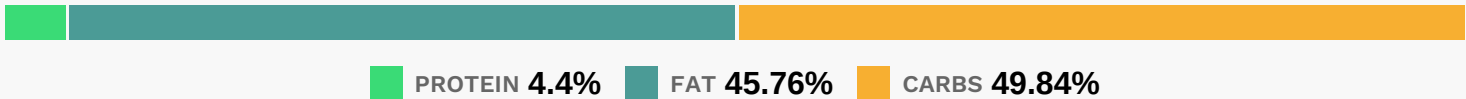
Equipment

- ☐ bowl
- ☐ oven
- ☐ microwave

Directions

- ☐ Heat the oven to 180C/ 160C fan/ gas 4 and line a 20cm x 20cm square tin with baking parchment. Melt the dark chocolate with the butter in the microwave or in a heatproof bowl over just simmering water.
- ☐ Mix together the sugar, flour and cocoa powder and stir in the melted chocolate and butter mixture, followed by the eggs. Stir through crystallised ginger.
- ☐ Pour into the tin and smooth the surface.
- ☐ Bake for 35 – 40 mins. Allow to cool thoroughly before slicing into small bites. Arrange on a tray and sprinkle with icing sugar before serving.

Nutrition Facts



Properties

Glycemic Index:4.31, Glycemic Load:2.38, Inflammation Score:-2, Nutrition Score:2.6469565480947%

Flavonoids

Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg Epicatechin: 2.73mg, Epicatechin: 2.73mg, Epicatechin: 2.73mg, Epicatechin: 2.73mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 153.88kcal (7.69%), Fat: 8.09g (12.45%), Saturated Fat: 4.85g (30.31%), Carbohydrates: 19.82g (6.61%), Net Carbohydrates: 18.69g (6.8%), Sugar: 14.33g (15.92%), Cholesterol: 30.56mg (10.19%), Sodium: 53.94mg (2.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 6.53mg (2.18%), Protein: 1.75g (3.5%), Manganese: 0.18mg (9.02%), Copper: 0.15mg (7.39%), Selenium: 3.62µg (5.18%), Magnesium: 20.1mg (5.03%), Iron: 0.87mg (4.81%), Fiber: 1.14g (4.55%), Vitamin A: 197.75IU (3.95%), Phosphorus: 38.39mg (3.84%), Potassium: 84.44mg (2.41%), Zinc: 0.34mg (2.28%), Vitamin B2: 0.03mg (1.95%), Vitamin E: 0.26mg (1.71%), Calcium: 14.69mg (1.47%), Vitamin B5: 0.13mg (1.25%), Folate: 4.42µg (1.11%), Vitamin B12: 0.06µg (1.01%)