



Nanaimo Bar Brownies

READY IN



180 min.

SERVINGS



36

CALORIES



97 kcal

DESSERT

Ingredients

- 2 baker's chocolate unsweetened (one-ounce)
- 1.5 tablespoons butter
- 4 ounces chocolate coarsely chopped
- 8 ounces powdered sugar sifted
- 2 eggs
- 0.3 cup flour
- 2 tablespoons cup heavy whipping cream
- 0.3 teaspoon salt
- 7 ounces sugar

- 0.5 teaspoon vanilla
- 2 tablespoons vanilla powder instant (Bird's Brand preferred) ()
- 1 cup walnut pieces chopped

Equipment

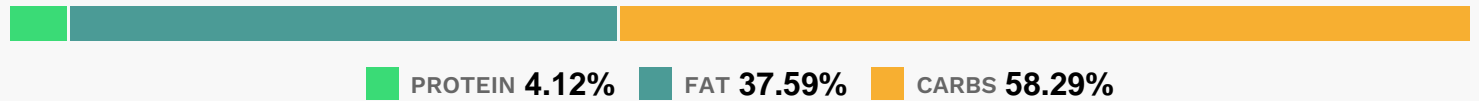
- frying pan
- sauce pan
- oven
- double boiler
- baking pan
- stand mixer
- spatula

Directions

- Preheat oven to 325°f.
- Place a rack in the middle position of the oven.
- Melt chocolate and butter in a heavy saucepan over low heat.
- Remove from heat and stir in sugar.
- Add eggs and vanilla and beat well. Stir in flour, salt and walnuts.
- Mix well.
- Pour into a well-greased baking pan.
- Bake for 40 minutes.
- Remove from the oven and let cool completely.
- While the brownies cool, prepare the middle layer. In a stand mixer fitted with the paddle attachment, cream the butter, cream, custard powder, and confectioners' sugar together until very light and fluffy.
- Spread over the bottom layer, taking care to spread it as flat and evenly as possible. Return the pan to the refrigerator while you prepare the topping.
- Prepare the top layer: in a medium saucepan or double boiler, melt the chocolate and butter over medium heat, stirring often to ensure that the mixture doesn't scorch.

- Remove from heat.
- Let sit until the mixture is still liquid but very thick, then pour it over the second (middle) layer and gently spread it with a spatula to ensure even coverage (but work carefully, because the still-warm chocolate will get messy if you press too hard while spreading it and tear up the buttery layer below).
- Let the bars cool for at least one hour in the refrigerator before serving.

Nutrition Facts



Properties

Glycemic Index:7.16, Glycemic Load:5.11, Inflammation Score:-1, Nutrition Score:1.4295652183178%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg

Nutrients (% of daily need)

Calories: 97.06kcal (4.85%), Fat: 4.26g (6.55%), Saturated Fat: 1.42g (8.87%), Carbohydrates: 14.85g (4.95%), Net Carbohydrates: 14.43g (5.25%), Sugar: 13.41g (14.9%), Cholesterol: 11.29mg (3.76%), Sodium: 24.38mg (1.06%), Alcohol: 0.02g (100%), Alcohol %: 0.1% (100%), Protein: 1.05g (2.1%), Manganese: 0.14mg (6.8%), Copper: 0.08mg (3.78%), Magnesium: 9.44mg (2.36%), Phosphorus: 22.5mg (2.25%), Selenium: 1.4µg (2%), Vitamin B2: 0.03mg (1.88%), Fiber: 0.42g (1.69%), Iron: 0.28mg (1.57%), Folate: 6.08µg (1.52%), Vitamin B1: 0.02mg (1.32%), Zinc: 0.19mg (1.3%), Vitamin B6: 0.02mg (1.18%)