



New York Brownies

READY IN



32 min.

SERVINGS



24

CALORIES



210 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 4 large eggs
- ☐ 4.5 ounces flour (Measure carefully)
- ☐ 2 cups granulated sugar
- ☐ 5 ounces chocolate — try to use a really brand unsweetened 99% good ()
- ☐ 0.3 teaspoon salt salted (decrease to)
- ☐ 8 ounces butter unsalted
- ☐ 1 teaspoon vanilla
- ☐ 0.5 cup walnuts of desired toasted

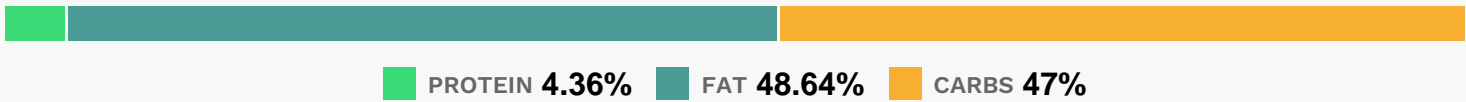
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ mixing bowl
- ☐ hand mixer
- ☐ toothpicks
- ☐ aluminum foil
- ☐ cutting board

Directions

- ☐ Preheat oven to 350 degrees F. Line a 13×9 inch metal pan with nonstick foil.Sift together flour, baking powder and salt; Set aside.Melt the chocolate and butter together in a small saucepan set over low heat, stirring often.In a large mixing bowl, beat eggs with electric mixer until light. Slowly beat in sugar. Beat for about a minute or until light and fluffy. Beat in vanilla.
- ☐ Add melted chocolate to sugar mixture. By hand, stir in flour mixture.
- ☐ Pour into pan and bake for 22-24 minutes – no longer. The toothpick test doesn’t really work here, but if you want to test anyway then keep in mind the toothpick should come out with chocolate on it.Now comes the hard part!
- ☐ Let cool completely, then chill overnight. Yes, they really do need to chill for 24 hours to be at their best.Lift from pan, place on a cutting board and cut into large or small squares.

Nutrition Facts



Properties

Glycemic Index:12.8, Glycemic Load:14.65, Inflammation Score:-2, Nutrition Score:2.6317391168812%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg

Nutrients (% of daily need)

Calories: 209.72kcal (10.49%), Fat: 11.57g (17.81%), Saturated Fat: 6.15g (38.46%), Carbohydrates: 25.16g (8.39%), Net Carbohydrates: 24.7g (8.98%), Sugar: 20.46g (22.74%), Cholesterol: 52.32mg (17.44%), Sodium: 35.23mg (1.53%), Alcohol: 0.06g (100%), Alcohol %: 0.15% (100%), Protein: 2.33g (4.67%), Selenium: 4.68µg (6.68%), Manganese: 0.12mg (6.16%), Vitamin A: 296.17IU (5.92%), Vitamin B2: 0.07mg (4.39%), Folate: 16.32µg (4.08%), Phosphorus: 36.62mg (3.66%), Vitamin B1: 0.05mg (3.59%), Iron: 0.56mg (3.14%), Copper: 0.06mg (2.76%), Calcium: 26.96mg (2.7%), Vitamin E: 0.33mg (2.19%), Vitamin D: 0.31µg (2.06%), Fiber: 0.47g (1.87%), Vitamin B3: 0.35mg (1.76%), Vitamin B5: 0.18mg (1.75%), Magnesium: 6.28mg (1.57%), Zinc: 0.23mg (1.54%), Vitamin B12: 0.09µg (1.51%), Vitamin B6: 0.03mg (1.5%)