



Not So Blonde Brownies

READY IN



45 min.

SERVINGS



32

CALORIES



135 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon baking soda
- ☐ 2 teaspoons nielsen-massey madagascar bourbon vanilla extract pure
- ☐ 0.5 cup firmly brown sugar dark packed
- ☐ 0.3 teaspoon salt unsalted
- ☐ 0.5 cup butter softened (1 stick)
- ☐ 0.5 teaspoon nielsen-massey chocolate extract pure
- ☐ 3 large eggs
- ☐ 1 cup granulated sugar
- ☐ 2 tablespoons kahlua

- ☐ 0.8 cup nuts toasted coarsely chopped (I used walnuts)
- ☐ 6 oz unbleached flour all-purpose
- ☐ 0.3 cup cocoa unsweetened
- ☐ 1 cup chocolate white coarsely chopped

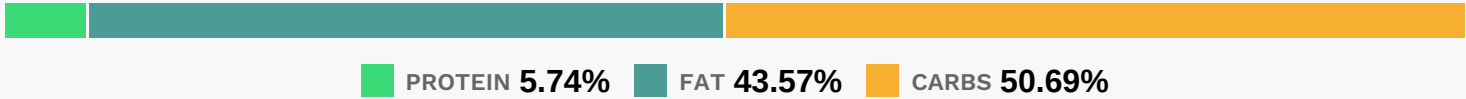
Equipment

- ☐ frying pan
- ☐ oven
- ☐ mixing bowl
- ☐ baking pan
- ☐ hand mixer
- ☐ aluminum foil
- ☐ spatula

Directions

- ☐ Preheat the oven to 350 degrees. Line a 13×9 inch metal pan with foil and spray foil with cooking spray.Sift the flour, cocoa, baking soda and salt together. Set aside.Cream the butter, brown sugar, granulated sugar and vanilla extract in a mixing bowl using an electric mixer on medium speed.
- ☐ Add the eggs one at a time, beating well after each addition. Beat in the chocolate extract and Kahlúa.
- ☐ Add the sifted dry ingredients in two additions, beating well after each addition. Fold in the white chocolate chunks and nuts.Spray a 9 x13–inch baking pan with nonstick cooking spray.
- ☐ Spread the batter over the bottom of the pan with a rubber spatula.
- ☐ Bake for 30 to 35 minutes or until the brownies begin to pull away from the sides of the pan.Makes 32

Nutrition Facts



Properties

Glycemic Index:8.91, Glycemic Load:9.04, Inflammation Score:-1, Nutrition Score:2.4873912907813%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg Epicatechin: 1.32mg, Epicatechin: 1.32mg, Epicatechin: 1.32mg, Epicatechin: 1.32mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 134.52kcal (6.73%), Fat: 6.63g (10.2%), Saturated Fat: 3.02g (18.89%), Carbohydrates: 17.37g (5.79%), Net Carbohydrates: 16.78g (6.1%), Sugar: 12.59g (13.99%), Cholesterol: 26.01mg (8.67%), Sodium: 51.7mg (2.25%), Alcohol: 0.29g (100%), Alcohol %: 1.14% (100%), Protein: 1.97g (3.93%), Manganese: 0.16mg (8.02%), Selenium: 3.77µg (5.39%), Copper: 0.08mg (4.24%), Vitamin B2: 0.07mg (3.98%), Folate: 15.26µg (3.82%), Phosphorus: 37.71mg (3.77%), Vitamin B1: 0.06mg (3.75%), Iron: 0.54mg (3%), Magnesium: 10.32mg (2.58%), Fiber: 0.58g (2.34%), Vitamin A: 116.71IU (2.33%), Vitamin B3: 0.4mg (2%), Calcium: 18.98mg (1.9%), Zinc: 0.26mg (1.76%), Potassium: 52.19mg (1.49%), Vitamin B6: 0.03mg (1.49%), Vitamin B5: 0.15mg (1.46%), Vitamin E: 0.2mg (1.3%), Vitamin B12: 0.07µg (1.18%)