



Olive Oil Brownies

 Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



168 kcal

DESSERT

Ingredients

- ☐ 70 g almonds unsalted chopped
- ☐ 4 ounces bittersweet chocolate 70% chopped (at least cacao)
- ☐ 2 large eggs at room temperature
- ☐ 0.3 cup olive oil extra virgin
- ☐ 70 g flour all-purpose
- ☐ 0.8 cup granulated sugar
- ☐ 0.3 teaspoon sea salt
- ☐ 1 teaspoon vanilla extract

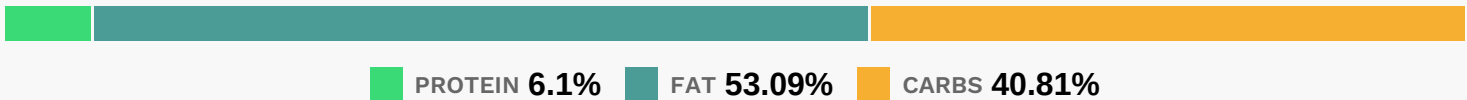
Equipment

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

Directions

- ☐ Preheat the oven to 350F Line an 8-inch (20cm) square baking pan with foil and spray foil with cooking spray.Melt the chocolate in the microwave or in a bowl set over a pan of barely simmering water.
- ☐ Whisk in the olive oil and set aside to cool slightly.Beat the eggs and sugar in a mixing bowl using high speed of an electric mixer for 5 minutes. Beat in the vanilla and salt, then fold in the cooled chocolate mixture. Fold in the flour, then gently stir in the nuts.
- ☐ Pour into the prepared pan.
- ☐ Bake for 20–25 minutes. Mine became aromatic at 20 minutes and at 25 minutes, they had a shiny, dry, slightly crackly top and looked gorgeous.
- ☐ Let cool completely.
- ☐ Cut into squares.

Nutrition Facts



Properties

Glycemic Index:9.69, Glycemic Load:9, Inflammation Score:-1, Nutrition Score:3.9334783061691%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 167.82kcal (8.39%), Fat: 10.07g (15.49%), Saturated Fat: 2.55g (15.94%), Carbohydrates: 17.41g (5.8%), Net Carbohydrates: 16.18g (5.88%), Sugar: 12.21g (13.57%), Cholesterol: 23.68mg (7.89%), Sodium: 46.26mg (2.01%), Alcohol: 0.09g (100%), Alcohol %: 0.3% (100%), Caffeine: 6.1mg (2.03%), Protein: 2.6g (5.2%), Vitamin E: 1.88mg (12.52%), Manganese: 0.23mg (11.33%), Copper: 0.15mg (7.26%), Magnesium: 26.03mg (6.51%), Vitamin B2: 0.11mg (6.21%), Selenium: 4.23µg (6.05%), Phosphorus: 56.59mg (5.66%), Iron: 0.95mg (5.3%), Fiber: 1.23g (4.93%), Folate: 12.87µg (3.22%), Vitamin B1: 0.05mg (3.21%), Vitamin K: 3.25µg (3.1%), Zinc: 0.44mg (2.91%), Potassium: 86.17mg (2.46%), Vitamin B3: 0.48mg (2.41%), Calcium: 20.51mg (2.05%), Vitamin B5: 0.16mg (1.57%), Vitamin B12: 0.07µg (1.14%), Vitamin B6: 0.02mg (1.05%)