

One Bowl Brownies



Vegetarian



Popular

READY IN



45 min.

SERVINGS



24

CALORIES



198 kcal

DESSERT

Ingredients

- ☐ 0.8 cup butter
- ☐ 3 eggs
- ☐ 1 cup flour all-purpose
- ☐ 4 ounce chocolate unsweetened
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup walnuts chopped
- ☐ 2 cups sugar white

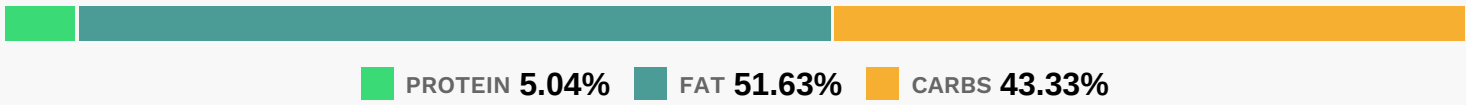
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ microwave

Directions

- ☐ Preheat oven to 350 degrees F (180 degrees C).
- ☐ Microwave chocolate and butter or margarine in large bowl at HIGH for 2 minutes or until butter or margarine is melted.
- ☐ Stir until chocolate is melted. Stir in sugar.
- ☐ Mix in eggs and vanilla. Stir in flour and nuts.
- ☐ Spread in greased 13 x 9 inch pan.
- ☐ Bake for 35 minutes (do not overbake).

Nutrition Facts



Properties

Glycemic Index:8.96, Glycemic Load:14.58, Inflammation Score:-3, Nutrition Score:4.2817391241374%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Catechin: 3.04mg, Catechin: 3.04mg, Catechin: 3.04mg, Catechin: 3.04mg Epicatechin: 6.7mg, Epicatechin: 6.7mg, Epicatechin: 6.7mg, Epicatechin: 6.7mg

Nutrients (% of daily need)

Calories: 197.89kcal (9.89%), Fat: 12.03g (18.51%), Saturated Fat: 5.65g (35.34%), Carbohydrates: 22.72g (7.57%), Net Carbohydrates: 21.47g (7.81%), Sugar: 16.86g (18.74%), Cholesterol: 35.71mg (11.9%), Sodium: 54.94mg (2.39%), Alcohol: 0.06g (100%), Alcohol %: 0.16% (100%), Caffeine: 3.78mg (1.26%), Protein: 2.64g (5.28%), Manganese: 0.4mg (20.07%), Copper: 0.24mg (12.15%), Iron: 1.31mg (7.29%), Magnesium: 25.12mg (6.28%), Selenium: 4.25µg (6.07%), Phosphorus: 53.99mg (5.4%), Fiber: 1.25g (5.01%), Zinc: 0.72mg (4.81%), Folate: 18.43µg (4.61%), Vitamin B1: 0.07mg (4.47%), Vitamin A: 207.95IU (4.16%), Vitamin B2: 0.07mg (4.04%), Potassium: 76.16mg (2.18%), Vitamin B3: 0.43mg (2.17%), Vitamin B6: 0.04mg (1.97%), Vitamin E: 0.28mg (1.86%), Calcium: 15.3mg (1.53%), Vitamin B5: 0.15mg (1.51%), Vitamin K: 1.12µg (1.07%), Vitamin B12: 0.06µg (1.02%)