



One Bowl Cocoa Brownies

READY IN



95 min.

SERVINGS



16

CALORIES



346 kcal

DESSERT

Ingredients

- 0.5 teaspoon double-acting baking powder
- 3 large eggs
- 1 cup flour all-purpose
- 1 teaspoon salt fine
- 12 ounce semi chocolate chips
- 1.5 cups sugar
- 1 cup butter unsalted cooled melted (2 sticks)
- 0.5 cup cocoa powder unsweetened
- 1 teaspoon vanilla extract

Equipment

- bowl
- frying pan
- oven
- baking pan
- aluminum foil
- spatula

Directions

- Preheat the oven to 350 degrees F. Line a 9-by-13-inch baking pan with aluminum foil and spray with nonstick cooking spray.
- Stir together the sugar, butter, vanilla and eggs in a medium bowl.
- Add the flour, cocoa powder, salt and baking powder all at once and stir until just combined. Stir in half of the semisweet chocolate chips and spread the mixture in the prepared pan.
- Bake until the brownies begin to pull away from the edge of the pan and set in the center, 30 to 35 minutes. Immediately sprinkle with the remaining semisweet chocolate chips and let stand until the chips are melted, about 5 minutes.
- Spread the melted chips evenly over the top of the brownies with a spatula.
- Let the chocolate cool for about 10 minutes and then sprinkle with whatever combination of toppings you choose, pressing the toppings gently into the chocolate to adhere. Lift the brownies out of the pan with the foil and cool completely on a rack.
- Cut into 16 squares and serve.

Nutrition Facts



PROTEIN 4.43% **FAT 53.35%** **CARBS 42.22%**

Properties

Glycemic Index:14.82, Glycemic Load:17.43, Inflammation Score:-4, Nutrition Score:6.9652173933776%

Flavonoids

Catechin: 1.74mg, Catechin: 1.74mg, Catechin: 1.74mg, Catechin: 1.74mg Epicatechin: 5.28mg, Epicatechin: 5.28mg, Epicatechin: 5.28mg, Epicatechin: 5.28mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 345.78kcal (17.29%), Fat: 21.05g (32.38%), Saturated Fat: 12.49g (78.09%), Carbohydrates: 37.48g (12.49%), Net Carbohydrates: 34.57g (12.57%), Sugar: 26.66g (29.62%), Cholesterol: 66.65mg (22.22%), Sodium: 176.52mg (7.67%), Alcohol: 0.09g (100%), Alcohol %: 0.15% (100%), Caffeine: 24.47mg (8.16%), Protein: 3.94g (7.87%), Manganese: 0.44mg (22.15%), Copper: 0.39mg (19.45%), Magnesium: 54.03mg (13.51%), Iron: 2.27mg (12.62%), Fiber: 2.91g (11.63%), Selenium: 7.95µg (11.36%), Phosphorus: 108.17mg (10.82%), Vitamin A: 415.8IU (8.32%), Vitamin B2: 0.11mg (6.29%), Zinc: 0.94mg (6.25%), Potassium: 186.91mg (5.34%), Folate: 19.99µg (5%), Vitamin B1: 0.07mg (4.98%), Vitamin E: 0.56mg (3.74%), Vitamin B3: 0.71mg (3.56%), Calcium: 34.1mg (3.41%), Vitamin D: 0.4µg (2.67%), Vitamin B5: 0.26mg (2.64%), Vitamin K: 2.64µg (2.52%), Vitamin B12: 0.15µg (2.43%), Vitamin B6: 0.03mg (1.51%)