

One Bowl Homemade Chocolate Chunk and Toffee Chip Brownies

Popular

READY IN

W
45 min.





DESSERT

Ingredients

2 cups chocolate chunks
2 large eggs plus 1 egg yolk
1 cup gold medal flour all-purpose
0.5 cup granulated sugar
0.3 teaspoon kosher salt
0.5 cup brown sugar light packed

8 ounce milk chocolate toffee chips

PROTEIN 4.01% FAT 48.68% CARBS 47.31%		
	Nutrition Facts	
	Bake for 35-40 minutes, until cooked through.	
	Transfer batter to prepared baking dish, spreading evenly.	
	Mix until well combined then add chocolate chunks and toffee chips.	
	Mix a few times then add egg yolks and oil.	
	Add flour, salt and sugars.	
	Pour in chocolate chips and stir until mostly melted. It's ok, if it's not perfectly smooth.	
	Place butter into a large mixing bowl and microwave until melted and hot, about 45 seconds or so.	
	Preheat oven to 350 degrees F. and line an 8×8 inch baking dish with foil that has been sprayed with cooking spray.	
Diı	rections	
	microwave	
	aluminum foil	
	baking pan	
	mixing bowl	
\Box	oven	
Εq	uipment	
Ш	2 tablespoons vegetable oil	
	1.5 cups semi-sweet chocolate chips	

Glycemic Index:15.64, Glycemic Load:15.99, Inflammation Score:-5, Nutrition Score:11.415217549905%

Nutrients (% of daily need)

Calories: 520.52kcal (26.03%), Fat: 28.84g (44.38%), Saturated Fat: 15.49g (96.81%), Carbohydrates: 63.08g (21.03%), Net Carbohydrates: 57.74g (21%), Sugar: 45.41g (50.46%), Cholesterol: 33.61mg (11.2%), Sodium: 60.71mg (2.64%), Alcohol: Og (100%), Alcohol %: O% (100%), Caffeine: 55.65mg (18.55%), Protein: 5.35g (10.69%), Manganese: 0.84mg (41.88%), Copper: 0.76mg (37.86%), Magnesium: 112.98mg (28.25%), Iron: 4.33mg (24.03%), Fiber: 5.34g (21.35%), Phosphorus: 180.99mg (18.1%), Selenium: 10.02μg (14.32%), Zinc: 1.76mg (11.71%), Potassium: 366.09mg (10.46%), Vitamin K: 9.03μg (8.6%), Vitamin B2: 0.14mg (8.12%), Vitamin B1: 0.11mg (7.11%), Folate: 23.86μg (5.96%), Vitamin B3: 1.17mg (5.87%), Calcium: 48.6mg (4.86%), Vitamin E: 0.61mg (4.07%), Vitamin B5: 0.31mg (3.06%), Vitamin B12: 0.15μg (2.43%), Vitamin B6: 0.04mg (2.17%), Vitamin A: 65.96IU (1.32%), Vitamin D: 0.15μg (1.02%)