



One Pan Brownies (Triple-Chocolate Fudge Brownies)

READY IN



45 min.

SERVINGS



32

CALORIES



168 kcal

DESSERT

Ingredients

- ☐ 6 ounces bittersweet chocolate good chopped
- ☐ 1 cup extra chocolate chips dark
- ☐ 4 large eggs
- ☐ 4.5 ounces flour all-purpose
- ☐ 1.5 cups granulated sugar
- ☐ 1 teaspoon salt
- ☐ 12 tablespoons butter unsalted
- ☐ 2 ounces chocolate unsweetened chopped

☐ 2 teaspoons vanilla

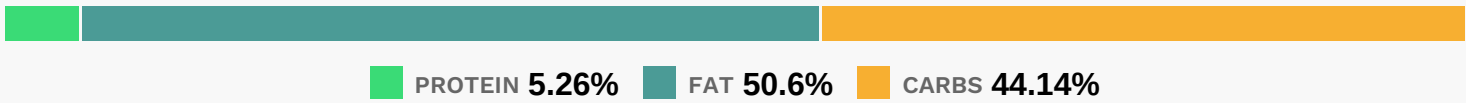
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ wire rack
- ☐ aluminum foil

Directions

- ☐ Preheat the oven to 350 degrees F. Line a 13×9 inch metal pan with nonstick foil.In a large saucepan, melt the butter. Reduce heat to low and add both chocolates. Stir on the lowest heat possible until chocolate is melted and smooth.
- ☐ Remove from heat and let cool to lukewarm.Stir in the sugar, vanilla and add the eggs, 1 at a time, stirring well after each addition. Stir in the salt and the flour, stirring until the mixture is just combined.
- ☐ Add the chocolate chips (make sure mixture is completely cool before doing this).
- ☐ Pour the batter in the pan. Smooth the top and bake on center rack for 28 to 32 minutes or until brownies appear set.
- ☐ Let cool completely on a pan set on a wire rack. For neater slicing, chill brownies.

Nutrition Facts



Properties

Glycemic Index:4.53, Glycemic Load:8.75, Inflammation Score:-2, Nutrition Score:3.2865217262474%

Flavonoids

Catechin: 1.14mg, Catechin: 1.14mg, Catechin: 1.14mg, Catechin: 1.14mg Epicatechin: 2.51mg, Epicatechin: 2.51mg, Epicatechin: 2.51mg, Epicatechin: 2.51mg

Nutrients (% of daily need)

Calories: 167.93kcal (8.4%), Fat: 9.65g (14.85%), Saturated Fat: 6.27g (39.21%), Carbohydrates: 18.94g (6.31%), Net Carbohydrates: 17.9g (6.51%), Sugar: 13.31g (14.79%), Cholesterol: 34.91mg (11.64%), Sodium: 89.3mg (3.88%), Alcohol: 0.09g (100%), Alcohol %: 0.29% (100%), Caffeine: 5.99mg (2%), Protein: 2.26g (4.51%), Manganese: 0.18mg (9.12%), Copper: 0.15mg (7.29%), Selenium: 4.26µg (6.09%), Iron: 1.02mg (5.65%), Magnesium: 18.94mg (4.73%), Phosphorus: 45.95mg (4.6%), Zinc: 0.62mg (4.16%), Fiber: 1.04g (4.16%), Vitamin B2: 0.07mg (3.91%), Vitamin A: 168.17IU (3.36%), Folate: 12.07µg (3.02%), Vitamin B1: 0.04mg (2.93%), Calcium: 27.65mg (2.77%), Potassium: 95.17mg (2.72%), Vitamin E: 0.32mg (2.11%), Vitamin B3: 0.37mg (1.85%), Vitamin B5: 0.18mg (1.8%), Vitamin B12: 0.09µg (1.5%), Vitamin D: 0.2µg (1.36%), Vitamin K: 1.39µg (1.32%), Vitamin B6: 0.02mg (1.11%)