



Orange Brownies

 Vegetarian

READY IN



105 min.

SERVINGS



24

CALORIES



191 kcal

DESSERT

Ingredients

- ☐ 1 cup butter softened 2 sticks
- ☐ 1 cup confectioners' sugar
- ☐ 4 eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 2 teaspoons orange extract pure
- ☐ 2 tablespoons orange juice
- ☐ 1 teaspoon orange zest grated
- ☐ 1 teaspoon salt

☐ 2 cups sugar

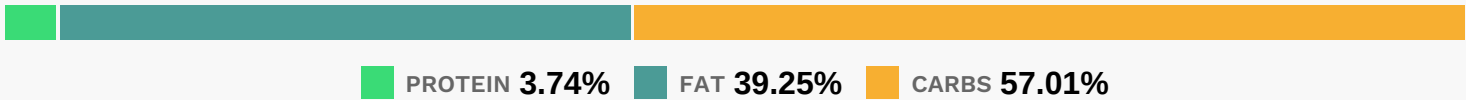
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ mixing bowl
- ☐ hand mixer

Directions

- ☐ Preheat oven to 350 degrees F.
- ☐ Grease a 13 by 9 by 2-inch pan and set aside. In a mixing bowl, stir together flour, sugar, and salt.
- ☐ Add butter, eggs, orange extract, and orange zest and beat with a handheld electric mixer until well blended.
- ☐ Pour batter into prepared pan and bake for 30 minutes, or until light golden brown and set.
- ☐ Remove from oven and pierce top of entire cake with a fork.
- ☐ Combine all ingredients in a bowl, stirring until smooth.
- ☐ Pour glaze over cake. Cool cake and cut into squares.

Nutrition Facts



Properties

Glycemic Index:10.3, Glycemic Load:16.03, Inflammation Score:-2, Nutrition Score:2.2104347685109%

Flavonoids

Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg

Nutrients (% of daily need)

Calories: 191.08kcal (9.55%), Fat: 8.5g (13.08%), Saturated Fat: 5.1g (31.9%), Carbohydrates: 27.78g (9.26%), Net Carbohydrates: 27.56g (10.02%), Sugar: 21.7g (24.11%), Cholesterol: 47.62mg (15.87%), Sodium: 168.57mg (7.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.82g (3.65%), Selenium: 5.13µg (7.32%), Vitamin A: 279.15IU (5.58%), Vitamin B2: 0.08mg (4.7%), Folate: 18.48µg (4.62%), Vitamin B1: 0.07mg (4.41%), Manganese: 0.06mg (2.83%), Iron: 0.51mg (2.82%), Phosphorus: 25.49mg (2.55%), Vitamin B3: 0.48mg (2.39%), Vitamin E: 0.3mg (2.01%), Vitamin B5: 0.16mg (1.6%), Vitamin B12: 0.08µg (1.36%), Zinc: 0.16mg (1.07%)