



Outrageous Brownies

READY IN



60 min.

SERVINGS



20

CALORIES



597 kcal

DESSERT

Ingredients

- 1 tablespoon double-acting baking powder
- 6 extra large eggs
- 1.3 cups flour divided
- 3 tablespoons coffee powder instant
- 1 teaspoon kosher salt
- 1 pound semi chocolate chips divided
- 2.3 cups sugar
- 1 pound butter unsalted
- 6 ounces chocolate unsweetened

- 2 tablespoons real vanilla extract
- 3 cups walnut pieces diced

Equipment

- frying pan
- oven
- double boiler

Directions

- Preheat oven to 350 degrees F. Grease and flour a 13 by 18 by 1 1/2-inch sheet pan.
- Melt together the butter, chocolate chips, and unsweetened chocolate on top of a double boiler. Cool slightly. Stir together the eggs, instant coffee, vanilla and sugar. Stir in the warm chocolate mixture and cool to room temperature.
- Stir together the flour, baking powder and salt.
- Add to cooled chocolate mixture. Toss the walnuts and chocolate chips with flour to coat. Then add to the chocolate batter.
- Pour into prepared pan.
- Bake for about 30 minutes, or until tester just comes out clean. Halfway through the baking, rap the pan against the oven shelf to allow air to escape from between the pan and the brownie dough. Do not overbake! Cool thoroughly, refrigerate well and cut into squares.
- This was adapted from a recipe for chocolate globs in the Soho Charcuterie Cookbook.

Nutrition Facts



PROTEIN 5.39% **FAT 64.83%** **CARBS 29.78%**

Properties

Glycemic Index:12.85, Glycemic Load:20.42, Inflammation Score:-7, Nutrition Score:14.416521643815%

Flavonoids

Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg Catechin: 5.47mg, Catechin: 5.47mg, Catechin: 5.47mg, Catechin: 5.47mg Epicatechin: 12.06mg, Epicatechin: 12.06mg, Epicatechin: 12.06mg, Epicatechin: 12.06mg

Nutrients (% of daily need)

Calories: 597.11kcal (29.86%), Fat: 44.73g (68.81%), Saturated Fat: 21.01g (131.33%), Carbohydrates: 46.23g (15.41%), Net Carbohydrates: 41.62g (15.13%), Sugar: 31.58g (35.09%), Cholesterol: 112.62mg (37.54%), Sodium: 211.66mg (9.2%), Alcohol: 0.45g (100%), Alcohol %: 0.47% (100%), Caffeine: 49.86mg (16.62%), Protein: 8.36g (16.72%), Manganese: 1.33mg (66.5%), Copper: 0.87mg (43.39%), Magnesium: 102.42mg (25.6%), Iron: 4.2mg (23.32%), Phosphorus: 216.35mg (21.64%), Fiber: 4.61g (18.46%), Selenium: 11.72µg (16.74%), Zinc: 2.26mg (15.07%), Vitamin A: 672.33IU (13.45%), Folate: 42.45µg (10.61%), Vitamin B2: 0.18mg (10.3%), Vitamin B1: 0.15mg (9.93%), Potassium: 342.63mg (9.79%), Calcium: 92.63mg (9.26%), Vitamin B6: 0.14mg (6.87%), Vitamin E: 1mg (6.65%), Vitamin B3: 1.2mg (6.01%), Vitamin B5: 0.5mg (5%), Vitamin D: 0.68µg (4.51%), Vitamin K: 4.61µg (4.39%), Vitamin B12: 0.23µg (3.81%)