



Outrageous Brownies

READY IN



65 min.

SERVINGS



20

CALORIES



597 kcal

DESSERT

Ingredients

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

- 2 tablespoons vanilla extract pure
- 3 cups walnuts chopped

Equipment

- bowl
- frying pan
- baking sheet
- oven
- toothpicks

Directions

- Preheat the oven to 350 degrees.
- Butter and flour a 12 x 18 x 1-inch baking sheet.
- Melt together the butter, 1 pound of chocolate chips, and the unsweetened chocolate in a medium bowl over simmering water. Allow to cool slightly. In a large bowl, stir (do not beat) together the eggs, coffee granules, vanilla, and sugar. Stir the warm chocolate mixture into the egg mixture and allow to cool to room temperature.
- In a medium bowl, sift together 1 cup of flour, the baking powder, and salt.
- Add to the cooled chocolate mixture. Toss the walnuts and 12 ounces of chocolate chips in a medium bowl with 1/4 cup of flour, then add them to the chocolate batter.
- Pour into the baking sheet.
- Bake for 20 minutes, then rap the baking sheet against the oven shelf to force the air to escape from between the pan and the brownie dough.
- Bake for about 15 minutes, until a toothpick comes out clean. Do not overbake! Allow to cool thoroughly, refrigerate, and cut into 20 large squares.

Nutrition Facts



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%)