



Peanut Butter Chocolate Chunk Brownies with Chocolate Ganache

READY IN



45 min.

SERVINGS



36

CALORIES



165 kcal

DESSERT

Ingredients

- ☐ 9 oz semisweet chocolate chunks
- ☐ 2 large egg plus 1 egg yolk
- ☐ 9 ounces flour – spoon and sweep all-purpose
- ☐ 1.8 cup granulated sugar
- ☐ 0.5 cup heavy cream
- ☐ 1 cup peanut butter
- ☐ 0.5 teaspoon salt
- ☐ 1 tablespoon butter unsalted softened

☐ 2 teaspoons vanilla extract

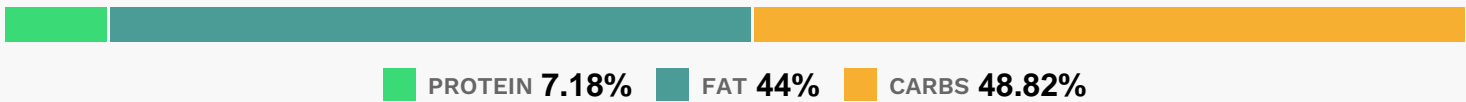
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ hand mixer
- ☐ aluminum foil
- ☐ microwave
- ☐ measuring cup

Directions

- ☐ Preheat oven to 350 degrees F. Line a 13×9 inch metal pan with foil and spray bottom with cooking spray or rub with butter.Cream the butter and sugar with an electric mixer. When light and fluffy, add peanut butter and beat until incorporated. Beat in eggs, the egg yolk and vanilla. By hand, stir in the flour and chocolate chips.
- ☐ Spread batter in pan, patting it down flat, and bake on center rack for 35–40 minutes or until puffed and golden. Cool completely.Make the ganache. **
- ☐ Put the chocolate chips in a heat–proof bowl. In a saucepan or in a microwave–safe measuring cup, heat the cream until starts to boil.
- ☐ Pour the cream over the chips and let stand for a minute. Stir well to melt chips; stir in the butter.
- ☐ Spread on cooled brownies and let set.Makes 36 bars

Nutrition Facts



Properties

Glycemic Index:4.42, Glycemic Load:10.88, Inflammation Score:-2, Nutrition Score:3.7682608400026%

Nutrients (% of daily need)

Calories: 164.76kcal (8.24%), Fat: 8.24g (12.67%), Saturated Fat: 3.35g (20.92%), Carbohydrates: 20.56g (6.85%), Net Carbohydrates: 19.46g (7.08%), Sugar: 13.21g (14.67%), Cholesterol: 15.2mg (5.07%), Sodium: 65.4mg (2.84%), Alcohol: 0.08g (100%), Alcohol %: 0.27% (100%), Caffeine: 6.1mg (2.03%), Protein: 3.03g (6.05%), Manganese: 0.25mg (12.44%), Vitamin B3: 1.43mg (7.17%), Magnesium: 26.46mg (6.61%), Copper: 0.13mg (6.54%), Selenium: 3.98µg (5.69%), Phosphorus: 56.08mg (5.61%), Iron: 0.94mg (5.2%), Folate: 20.66µg (5.16%), Vitamin E: 0.76mg (5.09%), Vitamin B1: 0.07mg (4.68%), Fiber: 1.1g (4.41%), Vitamin B2: 0.07mg (3.86%), Zinc: 0.45mg (3.01%), Potassium: 92.98mg (2.66%), Vitamin B6: 0.04mg (2.09%), Vitamin B5: 0.17mg (1.65%), Vitamin A: 75.47IU (1.51%), Calcium: 12.6mg (1.26%)