



Perfect Baking Book — Murray Jaffe's Perfect Brownies

 Vegetarian

READY IN



40 min.

SERVINGS



16

CALORIES



203 kcal

DESSERT

Ingredients

- ☐ 1 cup all purpose flour
- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.5 cup cocoa - measure then sift after measuring
- ☐ 2 large eggs room temperature
- ☐ 1.5 cups granulated sugar
- ☐ 0.3 teaspoon salt
- ☐ 4 ounces butter salted room temperature (1 stick)

- ☐ 1 teaspoon vanilla
- ☐ 0.8 cup walnuts toasted coarsely chopped
- ☐ 1 tablespoon water

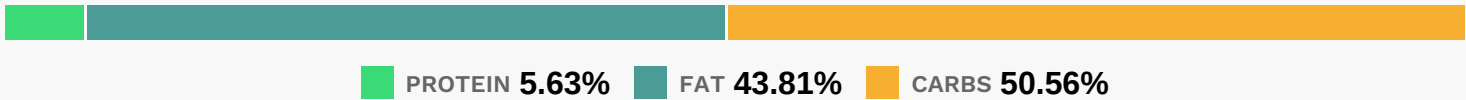
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ mixing bowl
- ☐ toothpicks
- ☐ aluminum foil

Directions

- ☐ Line an 8 inch square metal pan with foil and spray bottom with cooking spray.Preheat oven to 350 degrees F. Position rack to center.In a large bowl, beat the butter until creamy. Beat in the sugar until mixed in. Beat in the eggs (just until mixed — don't beat in a lot of air), then add the cocoa and mix until smooth. Thoroughly blend together the flour, baking powder and salt.
- ☐ Add to the mixing bowl and beat for 2 minutes (important).
- ☐ Add the water and vanilla and mix, then mix in the walnuts. Dough will be stilff and sticky.
- ☐ Spread dough in pan and bake for 30 40 minutes (I baked for 3
- ☐ or until a toothpick inserted in the center comes out without batter on it.
- ☐ Let cool for a few hours, then lift from pan and cut into 16 squares.

Nutrition Facts



Properties

Glycemic Index:19.19, Glycemic Load:17.51, Inflammation Score:-3, Nutrition Score:4.3765217078769%

Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Catechin: 1.74mg, Catechin: 1.74mg, Catechin: 1.74mg, Catechin: 1.74mg Epicatechin: 5.28mg, Epicatechin: 5.28mg, Epicatechin: 5.28mg, Epicatechin: 5.28mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 203.16kcal (10.16%), Fat: 10.42g (16.04%), Saturated Fat: 4.4g (27.52%), Carbohydrates: 27.06g (9.02%), Net Carbohydrates: 25.49g (9.27%), Sugar: 18.98g (21.09%), Cholesterol: 38.49mg (12.83%), Sodium: 105.12mg (4.57%), Alcohol: 0.09g (100%), Alcohol %: 0.22% (100%), Caffeine: 6.18mg (2.06%), Protein: 3.02g (6.03%), Manganese: 0.35mg (17.34%), Copper: 0.21mg (10.32%), Selenium: 5.4µg (7.72%), Phosphorus: 63.97mg (6.4%), Fiber: 1.57g (6.29%), Magnesium: 24.76mg (6.19%), Folate: 23.68µg (5.92%), Iron: 1.03mg (5.72%), Vitamin B1: 0.09mg (5.67%), Vitamin B2: 0.09mg (5.18%), Vitamin A: 211.96IU (4.24%), Zinc: 0.5mg (3.31%), Vitamin B3: 0.59mg (2.95%), Potassium: 84.5mg (2.41%), Vitamin B6: 0.05mg (2.35%), Calcium: 22.8mg (2.28%), Vitamin E: 0.28mg (1.84%), Vitamin B5: 0.18mg (1.76%), Vitamin B12: 0.07µg (1.13%)