



Perfect Picnic Brownies

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



572 kcal

DESSERT

Ingredients

- 0.5 cup butter
- 3 large eggs
- 0.8 cup flour all-purpose
- 1.3 cups sugar
- 5 ounces chocolate unsweetened coarsely chopped
- 0.5 teaspoon vanilla extract
- 0.5 cup walnuts chopped

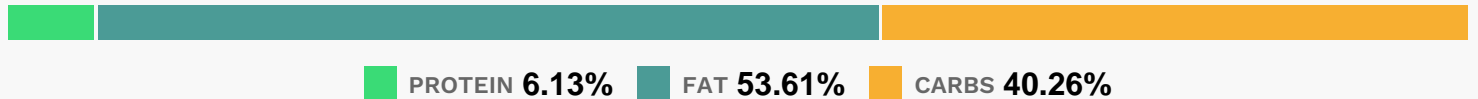
Equipment

- frying pan
- sauce pan
- oven
- wire rack
- hand mixer
- aluminum foil

Directions

- Melt butter and chocolate in a saucepan over low heat.
- Beat eggs and sugar at medium speed with an electric mixer until well blended. Gradually add chocolate mixture to egg mixture, beating at low speed until blended. Gradually add vanilla and flour, beating until blended. Stir in walnuts.
- Pour into a lightly greased, aluminum foil-lined 8-inch square pan.
- Bake at 325 for 35 minutes. Cool completely on a wire rack.
- Cut into squares.

Nutrition Facts



Properties

Glycemic Index:35.85, Glycemic Load:37.86, Inflammation Score:-7, Nutrition Score:15.736087028099%

Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg Catechin: 15.2mg, Catechin: 15.2mg, Catechin: 15.2mg, Catechin: 15.2mg Epicatechin: 33.51mg, Epicatechin: 33.51mg, Epicatechin: 33.51mg, Epicatechin: 33.51mg

Nutrients (% of daily need)

Calories: 571.76kcal (28.59%), Fat: 36.72g (56.49%), Saturated Fat: 18.77g (117.31%), Carbohydrates: 62.04g (20.68%), Net Carbohydrates: 57.05g (20.74%), Sugar: 42.24g (46.93%), Cholesterol: 133.67mg (44.56%), Sodium: 163.76mg (7.12%), Alcohol: 0.11g (100%), Alcohol %: 0.11% (100%), Caffeine: 18.9mg (6.3%), Protein: 9.45g (18.91%), Manganese: 1.43mg (71.66%), Copper: 0.96mg (48.12%), Iron: 5.58mg (31.01%), Magnesium: 99.51mg (24.88%), Selenium: 15.8µg (22.57%), Zinc: 3.03mg (20.2%), Fiber: 5g (19.99%), Phosphorus: 199.17mg (19.92%), Vitamin B2: 0.24mg (14.37%), Folate: 57.08µg (14.27%), Vitamin B1: 0.2mg (13.44%), Vitamin A: 609.68IU (12.19%), Potassium:

296.17mg (8.46%), Vitamin B3: 1.38mg (6.9%), Vitamin E: 0.87mg (5.82%), Vitamin B5: 0.57mg (5.68%), Calcium: 54.75mg (5.48%), Vitamin B6: 0.11mg (5.44%), Vitamin B12: 0.25µg (4.24%), Vitamin K: 4µg (3.81%), Vitamin D: 0.5µg (3.33%)