



Pinot Noir Brownies

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



439 kcal

DESSERT

Ingredients

- 16 servings pinot noir chocolate brownies
- 2 eggs
- 0.8 cup sugar
- 1 teaspoon vanilla
- 0.5 cup butter melted
- 2 tablespoons pinot noir chocolate brownies
- 0.8 cup cocoa powder sweet
- 0.7 cup flour all-purpose

- 0.3 teaspoon double-acting baking powder
- 0.3 teaspoon salt
- 0.5 cup walnut pieces chopped
- 16 servings pinot noir chocolate brownies
- 4 tablespoons butter unsalted
- 1 ounce baker's chocolate unsweetened
- 4.5 tablespoons granulated sugar
- 3 tablespoons pinot noir chocolate brownies

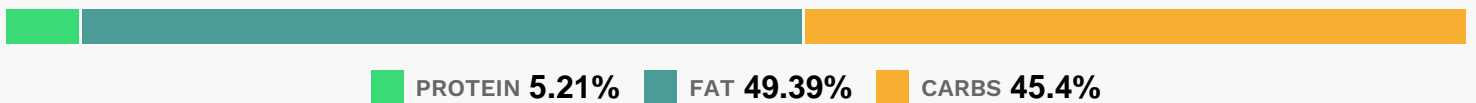
Equipment

- frying pan
- oven

Directions

- Preheat oven to 350F.
- Combine eggs with sugar and vanilla; add butter and wine. Stir cocoa with flour, baking powder and salt.
- Combine with egg mixture; add nuts.
- Spread into greased 8 x 8-inch pan.
- Bake 25 to 30 minutes.
- Icing
- Melt butter over medium heat. Reduce heat to low and add chocolate, sugar and wine. Continue heating over low heat stirring often, until mixture is smooth dont let it boil.
- Spoon hot icing over fresh brownies and let stand for a minimum of an hour; 12 hours is best.

Nutrition Facts



Properties

Glycemic Index:27.32, Glycemic Load:12.88, Inflammation Score:-7, Nutrition Score:4.8482608695652%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Catechin: 3.75mg, Catechin: 3.75mg, Catechin: 3.75mg, Catechin: 3.75mg Epicatechin: 10.43mg, Epicatechin: 10.43mg, Epicatechin: 10.43mg, Epicatechin: 10.43mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Taste

Sweetness: 46.29%, Saltiness: 5.85%, Sourness: 100%, Bitterness: 52.95%, Savoriness: 10.35%, Fattiness: 22.79%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 439.47kcal (21.97%), Fat: 13.07g (20.11%), Saturated Fat: 6.75g (42.17%), Carbohydrates: 27.03g (9.01%), Net Carbohydrates: 24.86g (9.04%), Sugar: 12.98g (14.42%), Cholesterol: 43.24mg (14.41%), Sodium: 98.37mg (4.28%), Alcohol: 31.14g (173.01%), Caffeine: 10.69mg (3.56%), Protein: 3.1g (6.21%), Manganese: 0.39mg (19.59%), Copper: 0.28mg (14.07%), Fiber: 2.17g (8.69%), Magnesium: 33.75mg (8.44%), Iron: 1.33mg (7.38%), Phosphorus: 69.77mg (6.98%), Selenium: 4.54µg (6.48%), Vitamin A: 295.17IU (5.9%), Zinc: 0.68mg (4.51%), Folate: 17.8µg (4.45%), Vitamin B2: 0.07mg (4.36%), Vitamin B1: 0.06mg (4.12%), Potassium: 108.46mg (3.1%), Vitamin B3: 0.47mg (2.35%), Vitamin E: 0.34mg (2.29%), Calcium: 20.79mg (2.08%), Vitamin B6: 0.04mg (1.84%), Vitamin B5: 0.15mg (1.53%), Vitamin B12: 0.07µg (1.12%), Vitamin K: 1.15µg (1.09%), Vitamin D: 0.16µg (1.08%)