



Pumpkin Brownies

READY IN

ready

60 min.

SERVINGS

servings

8

CALORIES

calories

490 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.8 cup butter melted
- ☐ 0.3 cup cocoa powder
- ☐ 3 eggs
- ☐ 0.8 cup flour all-purpose
- ☐ 0.8 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground cloves
- ☐ 0.5 teaspoon ground nutmeg
- ☐ 0.5 cup pumpkin puree

- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup semi-sweet chocolate chips
- ☐ 2 teaspoons vanilla extract
- ☐ 0.5 cup walnuts chopped
- ☐ 1.5 cups sugar white

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ baking pan
- ☐ toothpicks
- ☐ spatula

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease an 8x8 inch baking pan. Stir the flour, baking powder, and salt together in a bowl.
- ☐ In another bowl, stir together the melted butter, sugar, and vanilla extract; beat in the eggs one at a time with a spoon. Gradually add the flour mixture, and stir the batter until it's evenly moistened. Divide the batter in half in two separate bowls.
- ☐ Into one bowl of batter, blend the cocoa powder and chocolate chips. In the second bowl of batter, stir in the pumpkin puree, walnuts, cinnamon, cloves, and nutmeg.
- ☐ Spread 1/2 of the chocolate batter into the bottom of the prepared baking pan, and follow with 1/2 of the pumpkin batter. Repeat the layers, ending with a pumpkin layer, and drag a kitchen knife or small spatula gently through the layers in a swirling motion, to create a marbled appearance.
- ☐ Bake in the preheated oven until the brownies begin to pull away from the sides of the pan, and a toothpick inserted into the center comes out clean, 40 to 45 minutes. Cool in the pan, cut into squares, and serve.

Nutrition Facts



PROTEIN 4.72% **FAT 50.67%** **CARBS 44.61%**

Properties

Glycemic Index:47.76, Glycemic Load:32.85, Inflammation Score:-9, Nutrition Score:11.586521871712%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg 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: 490.17kcal (24.51%), Fat: 28.5g (43.84%), Saturated Fat: 14.61g (91.3%), Carbohydrates: 56.44g (18.81%), Net Carbohydrates: 53.16g (19.33%), Sugar: 42.46g (47.18%), Cholesterol: 107.79mg (35.93%), Sodium: 335.77mg (14.6%), Alcohol: 0.34g (100%), Alcohol %: 0.35% (100%), Caffeine: 15.59mg (5.2%), Protein: 5.97g (11.94%), Vitamin A: 3011.81IU (60.24%), Manganese: 0.72mg (36.04%), Copper: 0.41mg (20.28%), Selenium: 11.22µg (16.02%), Phosphorus: 135.31mg (13.53%), Magnesium: 53.58mg (13.39%), Iron: 2.41mg (13.39%), Fiber: 3.29g (13.15%), Vitamin B2: 0.18mg (10.59%), Folate: 39.84µg (9.96%), Vitamin B1: 0.13mg (8.98%), Zinc: 1.05mg (7.02%), Vitamin E: 0.97mg (6.47%), Potassium: 211.9mg (6.05%), Calcium: 55.64mg (5.56%), Vitamin B3: 1.01mg (5.06%), Vitamin K: 5.31µg (5.06%), Vitamin B5: 0.47mg (4.72%), Vitamin B6: 0.09mg (4.49%), Vitamin B12: 0.2µg (3.38%), Vitamin D: 0.33µg (2.2%)