



Quick and Easy Brownies

 Vegetarian  Popular

READY IN



45 min.

SERVINGS



20

CALORIES



230 kcal

DESSERT

Ingredients

- 0.5 teaspoon double-acting baking powder
- 1 cup butter
- 0.5 cup cocoa powder
- 4 eggs
- 1.5 cups flour all-purpose
- 0.5 teaspoon salt
- 1 teaspoon vanilla extract
- 0.5 cup walnut halves

2 cups sugar white

Equipment

frying pan

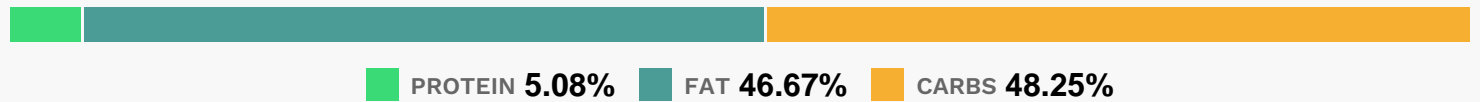
oven

Directions

Melt the butter or margarine and mix all ingredients in the order given.

Bake at 350 degrees F for 20 to 30 minutes in a 9 x 13 inch greased pan.

Nutrition Facts



Properties

Glycemic Index:15.35, Glycemic Load:19.21, Inflammation Score:-3, Nutrition Score:4.1721739297652%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Catechin: 1.39mg, Catechin: 1.39mg, Catechin: 1.39mg, Catechin: 1.39mg Epicatechin: 4.22mg, Epicatechin: 4.22mg, Epicatechin: 4.22mg, Epicatechin: 4.22mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 229.75kcal (11.49%), Fat: 12.4g (19.08%), Saturated Fat: 6.48g (40.48%), Carbohydrates: 28.84g (9.61%), Net Carbohydrates: 27.6g (10.04%), Sugar: 20.16g (22.4%), Cholesterol: 57.14mg (19.05%), Sodium: 155.13mg (6.74%), Alcohol: 0.07g (100%), Alcohol %: 0.16% (100%), Caffeine: 4.95mg (1.65%), Protein: 3.04g (6.08%), Manganese: 0.25mg (12.51%), Selenium: 6.56µg (9.38%), Copper: 0.15mg (7.47%), Vitamin A: 331.74IU (6.63%), Folate: 25.19µg (6.3%), Vitamin B2: 0.1mg (6.11%), Vitamin B1: 0.09mg (5.96%), Phosphorus: 58.38mg (5.84%), Iron: 1mg (5.54%), Fiber: 1.24g (4.98%), Magnesium: 18.75mg (4.69%), Vitamin B3: 0.65mg (3.23%), Zinc: 0.43mg (2.86%), Vitamin E: 0.38mg (2.56%), Vitamin B5: 0.21mg (2.11%), Calcium: 20.81mg (2.08%), Potassium: 71.21mg (2.03%), Vitamin B6: 0.04mg (1.89%), Vitamin B12: 0.1µg (1.63%), Vitamin D: 0.18µg (1.17%)