



## Raspberry Brownies

 Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



250 kcal

DESSERT

### Ingredients

- 1 teaspoon double-acting baking powder
- 1 cup butter
- 4 large eggs
- 1.3 cups flour all-purpose
- 0.5 cup raspberry jam red
- 0.5 teaspoon salt
- 2 cups sugar
- 5 ounces baker's chocolate unsweetened chopped

- 2 teaspoons vanilla
- 1 cup walnut pieces chopped

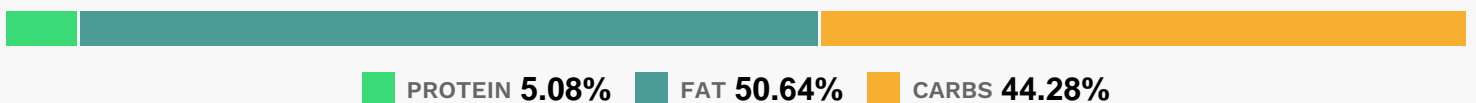
## Equipment

- bowl
- frying pan
- sauce pan
- oven
- whisk
- baking pan

## Directions

- Butter 13 x 9 x 2-inch baking pan. Melt butter and chocolate in a large, heavy saucepan over low heat, stirring constantly until smooth.
- Remove from heat. Stir in sugar, eggs, and vanilla.
- Mix flour, baking powder and salt in small bowl.
- Add to chocolate mixture and whisk to blend. Stir in nuts.
- Pour two cups batter into pan. Freeze until firm, about 10 minutes.
- Preheat oven to 350 degrees F.
- Spread preserves over brownie batter in pan. Spoon remaining batter over.
- Let stand 20 minutes at room temperature to thaw bottom layer.
- Bake brownies until tester inserted into center comes out clean, or about 35 minutes.
- Transfer to rack and cool.
- Cut brownies into squares. Store in airtight container at room temperature.

## Nutrition Facts



## Properties

Glycemic Index:13, Glycemic Load:17.98, Inflammation Score:-4, Nutrition Score:5.5073913206225%

## Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Catechin: 3.8mg, Catechin: 3.8mg, Catechin: 3.8mg, Catechin: 3.8mg Epicatechin: 8.38mg, Epicatechin: 8.38mg, Epicatechin: 8.38mg, Epicatechin: 8.38mg

## Nutrients (% of daily need)

Calories: 250kcal (12.5%), Fat: 14.8g (22.76%), Saturated Fat: 4.06g (25.38%), Carbohydrates: 29.11g (9.7%), Net Carbohydrates: 27.55g (10.02%), Sugar: 20.34g (22.6%), Cholesterol: 31mg (10.33%), Sodium: 171.25mg (7.45%), Alcohol: 0.11g (100%), Alcohol %: 0.24% (100%), Caffeine: 4.72mg (1.57%), Protein: 3.34g (6.67%), Manganese: 0.46mg (23.18%), Copper: 0.29mg (14.62%), Iron: 1.68mg (9.33%), Selenium: 5.72µg (8.18%), Vitamin A: 384.3IU (7.69%), Magnesium: 30.1mg (7.53%), Phosphorus: 71.22mg (7.12%), Fiber: 1.56g (6.24%), Zinc: 0.88mg (5.86%), Folate: 23.14µg (5.78%), Vitamin B2: 0.1mg (5.64%), Vitamin B1: 0.08mg (5.46%), Calcium: 30.67mg (3.07%), Vitamin E: 0.45mg (3.01%), Potassium: 99.28mg (2.84%), Vitamin B3: 0.53mg (2.66%), Vitamin B6: 0.05mg (2.36%), Vitamin B5: 0.2mg (2.03%), Vitamin B12: 0.08µg (1.39%), Vitamin D: 0.17µg (1.11%)