



Raspberry-Spiked Chocolate Brownies

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



331 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon double-acting baking powder
- ☐ 1.8 cups brown sugar
- ☐ 8 ounces butter
- ☐ 0.3 cup cocoa powder sifted
- ☐ 7 ounces chocolate dark chopped
- ☐ 4 eggs
- ☐ 1.3 cups flour plain all-purpose ()
- ☐ 1.5 cups raspberries fresh

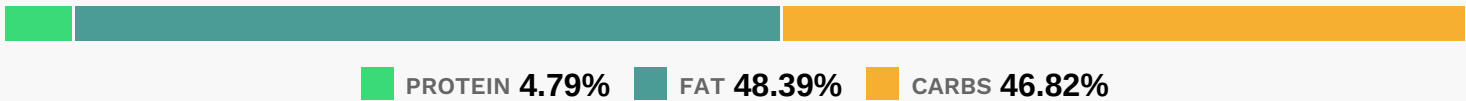
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ cake form

Directions

- ☐ Preheat the oven to 180°C (355°F).
- ☐ Place the chocolate and butter in a small saucepan over low heat and stir until melted and smooth.
- ☐ Place in a bowl with the sugar and eggs. Sift over the flour, baking powder and cocoa and mix to combine.
- ☐ Pour into a 23 cm (9 inch) greased square cake tin lined with non-stick baking paper. Top the mixture with the raspberries and bake for 30–35 minutes or until set.
- ☐ Serve warm or cold with thick (double) cream or vanilla bean ice-cream.
- ☐ From Instant Entertaining by Donna Hay. Reprinted with permission from Ecco Press.

Nutrition Facts



Properties

Glycemic Index:16.63, Glycemic Load:6.93, Inflammation Score:-4, Nutrition Score:7.39173907819%

Flavonoids

Cyanidin: 5.15mg, Cyanidin: 5.15mg, Cyanidin: 5.15mg, Cyanidin: 5.15mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.11mg, Pelargonidin: 0.11mg, Pelargonidin: 0.11mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.31mg, Catechin: 1.31mg, Catechin: 1.31mg, Catechin: 1.31mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 3.92mg, Epicatechin:

3.92mg, Epicatechin: 3.92mg, Epicatechin: 3.92mg Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 330.85kcal (16.54%), Fat: 18.25g (28.08%), Saturated Fat: 10.83g (67.69%), Carbohydrates: 39.73g (13.24%), Net Carbohydrates: 36.7g (13.35%), Sugar: 26.92g (29.91%), Cholesterol: 71.77mg (23.92%), Sodium: 123.3mg (5.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 14.04mg (4.68%), Protein: 4.06g (8.13%), Manganese: 0.48mg (23.76%), Copper: 0.33mg (16.57%), Iron: 2.66mg (14.77%), Fiber: 3.03g (12.11%), Selenium: 8.46µg (12.09%), Magnesium: 45.77mg (11.44%), Phosphorus: 93.38mg (9.34%), Vitamin A: 422.18IU (8.44%), Vitamin B2: 0.12mg (7.34%), Folate: 27.83µg (6.96%), Vitamin B1: 0.1mg (6.41%), Potassium: 194.65mg (5.56%), Zinc: 0.81mg (5.43%), Calcium: 48.93mg (4.89%), Vitamin B3: 0.89mg (4.46%), Vitamin E: 0.62mg (4.16%), Vitamin C: 2.95mg (3.57%), Vitamin B5: 0.35mg (3.55%), Vitamin K: 2.88µg (2.75%), Vitamin B12: 0.16µg (2.61%), Vitamin B6: 0.05mg (2.33%), Vitamin D: 0.22µg (1.47%)