



Rich Chocolate Brownies

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



286 kcal

DESSERT

Ingredients

- ☐ 0.5 tsp double-acting baking powder
- ☐ 150 g brown sugar dark soft
- ☐ 200 g chocolate dark
- ☐ 6 large eggs
- ☐ 200 g butter salted
- ☐ 100 g self-raising flour
- ☐ 150 g caster sugar

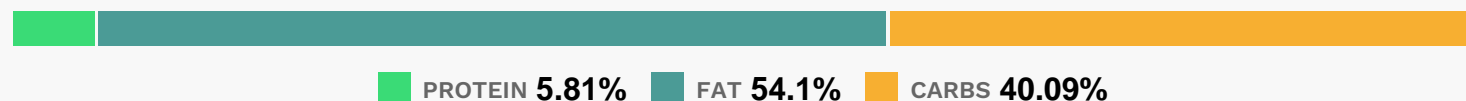
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ double boiler
- ☐ baking pan

Directions

- ☐ Preheat the oven to 170c/150c fan/gas mark 3½.
- ☐ Line a brownie tin.
- ☐ Using an electric whisk, mix the eggs and both sugars for about 10 minutes until thick, pale and doubled in volume.
- ☐ Meanwhile, place the chocolate and butter in a bowl, and suspend over a saucepan of simmering water (a bain-marie) do not allow the bowl to touch the water, until the chocolate has melted.
- ☐ Remove from the heat and whisk in the sieved flour and baking powder, making sure there are no lumps in the mix.
- ☐ The eggs should now be ready, so fold half the mixture into the chocolate, and then the remaining half.
- ☐ Pour into the pre-lined baking tray and put in the preheated oven for approximately 20-30 minutes. When you shake the tin it should only have a slight wobble.
- ☐ Remove from the oven and allow to cool. Best to chill in the fridge for 2-3 hours before serving.notes: Be careful not to overcook the brownies or they will turn from fudgy to cakey. I always use large eggs for baking, but this recipe calls for medium. The choice is yours.I dusted by brownies with cocoa powder, but this is optional

Nutrition Facts



Properties

Glycemic Index:18.88, Glycemic Load:10.53, Inflammation Score:-3, Nutrition Score:5.4652173208154%

Nutrients (% of daily need)

Calories: 285.54kcal (14.28%), Fat: 17.38g (26.74%), Saturated Fat: 10.09g (63.05%), Carbohydrates: 28.99g (9.66%), Net Carbohydrates: 27.47g (9.99%), Sugar: 21.55g (23.94%), Cholesterol: 97mg (32.33%), Sodium: 127.58mg (5.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 10mg (3.33%), Protein: 4.2g (8.4%), Manganese: 0.3mg (15.23%), Selenium: 9.38µg (13.4%), Copper: 0.25mg (12.54%), Iron: 1.96mg (10.9%), Phosphorus: 88.21mg (8.82%), Vitamin A: 418.63IU (8.37%), Magnesium: 33.45mg (8.36%), Vitamin B2: 0.11mg (6.19%), Fiber: 1.51g (6.05%), Zinc: 0.72mg (4.83%), Calcium: 39.88mg (3.99%), Vitamin B5: 0.39mg (3.93%), Potassium: 137.18mg (3.92%), Vitamin E: 0.59mg (3.9%), Vitamin B12: 0.22µg (3.72%), Folate: 11.34µg (2.84%), Vitamin D: 0.38µg (2.5%), Vitamin B6: 0.04mg (2.16%), Vitamin K: 1.86µg (1.77%), Vitamin B1: 0.02mg (1.16%), Vitamin B3: 0.22mg (1.12%)