



Romantic Brownie Sundaes

READY IN



45 min.

SERVINGS



2

CALORIES



914 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon baking soda
- ☐ 2 tablespoons cocoa powder
- ☐ 1 large egg yolk
- ☐ 0.3 cup flour all-purpose
- ☐ 0.5 cup granulated sugar
- ☐ 2 servings raspberry sauce for serving
- ☐ 0.3 teaspoon salt
- ☐ 3 ounces semi chocolate chips chopped
- ☐ 2 servings strawberry ice cream for serving

- ☐ 3 tablespoons butter unsalted plus more for greasing foil
- ☐ 1 teaspoon vanilla

Equipment

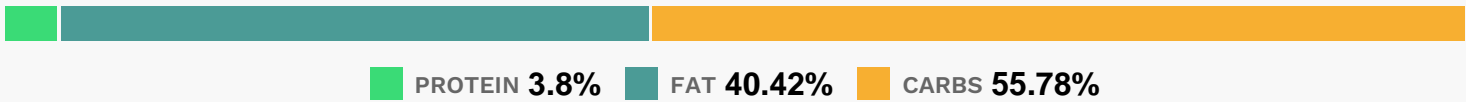
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ plastic wrap
- ☐ double boiler
- ☐ loaf pan
- ☐ aluminum foil
- ☐ cookie cutter
- ☐ skewers
- ☐ cutting board

Directions

- ☐ Heat oven to 32
- ☐ Line an 8-by-4-inch loaf pan with aluminum foil, leaving some extra foil along the sides of the pan to aid in lifting out the brownies. Grease the foil with soft butter. In a small bowl, whisk together the flour, salt, baking soda, and cocoa. Set aside.
- ☐ Place the chocolate pieces and butter in the top of a double boiler over barely simmering water. When the chocolate has just melted, remove from heat.
- ☐ Whisk in the sugar, eggs, and vanilla.
- ☐ Whisk in the reserved flour mixture until just combined.
- ☐ Transfer mixture to the prepared pan.
- ☐ Bake for 25 to 30 minutes, or until a skewer inserted into the center of the pan comes out with a few moist crumbs attached. Cool on a rack at least 20 minutes.
- ☐ Transfer the brownies to a cutting board. Using a 3 1/2-inch heart-shaped cookie cutter, cut out two heart shapes. Cover with plastic wrap until ready to assemble sundaes.

- ☐ Spoon a few tablespoons of Raspberry Sauce onto each dessert plate.
- ☐ Place a brownie heart next to a scoop of strawberry ice cream.
- ☐ Serve.

Nutrition Facts



Properties

Glycemic Index:72.55, Glycemic Load:43.53, Inflammation Score:-7, Nutrition Score:16.755217469257%

Flavonoids

Catechin: 3.24mg, Catechin: 3.24mg, Catechin: 3.24mg, Catechin: 3.24mg Epicatechin: 9.82mg, Epicatechin: 9.82mg, Epicatechin: 9.82mg, Epicatechin: 9.82mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

Nutrients (% of daily need)

Calories: 913.93kcal (45.7%), Fat: 42.16g (64.86%), Saturated Fat: 24.82g (155.14%), Carbohydrates: 130.89g (43.63%), Net Carbohydrates: 124.36g (45.22%), Sugar: 76.37g (84.85%), Cholesterol: 158.64mg (52.88%), Sodium: 487.75mg (21.21%), Alcohol: 0.69g (100%), Alcohol %: 0.35% (100%), Caffeine: 48.07mg (16.02%), Protein: 8.92g (17.83%), Manganese: 0.99mg (49.48%), Copper: 0.79mg (39.72%), Magnesium: 115.08mg (28.77%), Phosphorus: 270.35mg (27.03%), Fiber: 6.53g (26.14%), Iron: 4.62mg (25.66%), Selenium: 16.41µg (23.45%), Vitamin B2: 0.35mg (20.64%), Vitamin A: 886.66IU (17.73%), Potassium: 495.62mg (14.16%), Zinc: 2.05mg (13.64%), Folate: 53.43µg (13.36%), Calcium: 133.49mg (13.35%), Vitamin B1: 0.19mg (12.68%), Vitamin C: 10.29mg (12.47%), Vitamin B5: 0.98mg (9.8%), Vitamin B12: 0.48µg (7.93%), Vitamin B3: 1.58mg (7.9%), Vitamin E: 1.01mg (6.73%), Vitamin D: 0.77µg (5.16%), Vitamin K: 5.03µg (4.79%), Vitamin B6: 0.1mg (4.78%)