



Sand Art Brownies

READY IN



40 min.

SERVINGS



12

CALORIES



417 kcal

DESSERT

Ingredients

- 1 clear glass quart jar with a tight fitting lid
- 0.5 cup cocoa powder
- 4 large eggs
- 1 cup flour all-purpose
- 12 servings food coloring
- 0.5 teaspoon salt
- 2 cups sugar
- 1 cup butter unsalted cooled melted plus more for greasing pan (2 sticks)
- 2 teaspoons vanilla extract

1 cup a combination of both white

Equipment

bowl

frying pan

oven

whisk

Directions

To color the sugar: Divide the sugar into 4 (1/2-cup) portions. Put 1/2 cup sugar into the jar and add 1 to 3 drops of food coloring.

Put the lid on and shake the jar well until the sugar is completely colored. Empty the sugar into a small bowl and continue with the remaining sugar using different food colorings to make different colors.

Whisk together the flour and salt and set aside.

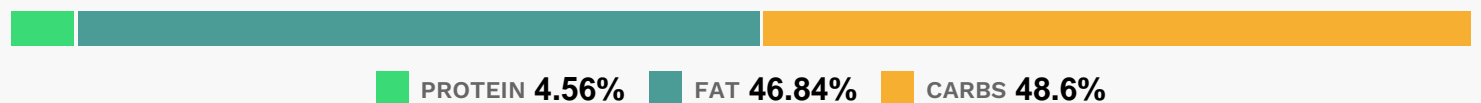
Heat the oven to 325 degrees F. Grease a 13 by 9-inch pan with butter.

Dump the contents of the jar into a large bowl.

Mix together the melted butter, eggs, and vanilla. Stir the wet and dry ingredients together until well combined.

Pour the batter into the prepared pan and bake for 30 to 35 minutes.

Nutrition Facts



Properties

Glycemic Index:22.28, Glycemic Load:35.25, Inflammation Score:-4, Nutrition Score:6.1739130577315%

Flavonoids

Catechin: 2.32mg, Catechin: 2.32mg, Catechin: 2.32mg, Catechin: 2.32mg Epicatechin: 7.04mg, Epicatechin: 7.04mg, Epicatechin: 7.04mg, Epicatechin: 7.04mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 416.91kcal (20.85%), Fat: 22.44g (34.53%), Saturated Fat: 13.45g (84.09%), Carbohydrates: 52.39g (17.46%), Net Carbohydrates: 50.75g (18.45%), Sugar: 42.43g (47.15%), Cholesterol: 105.82mg (35.27%), Sodium: 137.5mg (5.98%), Alcohol: 0.23g (100%), Alcohol %: 0.29% (100%), Caffeine: 8.24mg (2.75%), Protein: 4.92g (9.84%), Selenium: 10.23µg (14.61%), Vitamin A: 567.23IU (11.34%), Vitamin B2: 0.19mg (11.29%), Manganese: 0.22mg (10.92%), Phosphorus: 101.54mg (10.15%), Copper: 0.18mg (8.89%), Folate: 29.66µg (7.42%), Iron: 1.33mg (7.4%), Vitamin B1: 0.1mg (6.78%), Fiber: 1.64g (6.55%), Magnesium: 24.43mg (6.11%), Vitamin E: 0.77mg (5.12%), Calcium: 50.34mg (5.03%), Zinc: 0.66mg (4.43%), Vitamin B12: 0.26µg (4.41%), Vitamin B5: 0.42mg (4.23%), Vitamin B3: 0.83mg (4.14%), Vitamin D: 0.62µg (4.11%), Potassium: 137.77mg (3.94%), Vitamin K: 2.86µg (2.72%), Vitamin B6: 0.05mg (2.32%)