



Simple Brownies with Chocolate Frosting

 Vegetarian

READY IN



116 min.

SERVINGS



100

CALORIES



52 kcal

DESSERT

Ingredients

- ☐ 4 oz baker's chocolate unsweetened chopped
- ☐ 0.8 cup butter
- ☐ 4 large eggs
- ☐ 1 cup flour all-purpose
- ☐ 1.5 cups pecans coarsely chopped
- ☐ 2 cups sugar

Equipment

- ☐ bowl

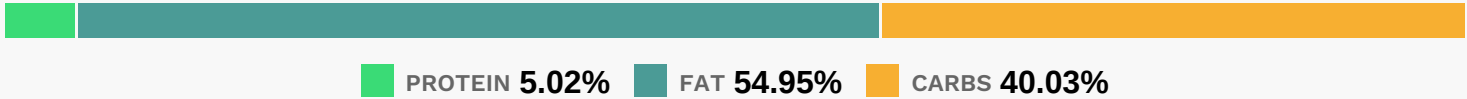
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ hand mixer
- ☐ microwave

Directions

- ☐ Preheat oven to 350
- ☐ Bake pecans in a single layer in a shallow pan 6 to 8 minutes or until lightly toasted and fragrant.
- ☐ Microwave chocolate and butter in a large microwave-safe bowl at HIGH 1 to 1 1/2 minutes or until melted and smooth, stirring at 30-second intervals.
- ☐ Whisk in sugar and eggs until well blended. Stir in flour.
- ☐ Spread batter into a greased 13- x 9-inch pan.
- ☐ Bake at 350 for 25 to 30 minutes or until a wooden pick inserted in center comes out with a few moist crumbs.
- ☐ Prepare Chocolate Frosting.
- ☐ Pour over warm brownies; spread to edges.
- ☐ Sprinkle with pecans.
- ☐ Let cool 1 hour on a wire rack.
- ☐ Cut into squares.
- ☐ Try these twists!
- ☐ Mississippi Mud Brownies: Prepare recipe as directed through Step 10.
- ☐ Sprinkle warm brownies with toasted pecans and 3 cups miniature marshmallows. Prepare Chocolate Frosting as directed, and pour over pecans and marshmallows. Cool 1 hour on a wire rack.
- ☐ Cut into squares.

- ☐ Caramel-Pecan Brownies: Prepare recipe as directed through Step Cool 1 hour on a wire rack.
- ☐ Combine 1 cup firmly packed dark brown sugar, 1/2 cup milk, 2 Tbsp. butter, and 1/4 tsp. salt in a large saucepan; bring to a boil over medium-high heat, stirring occasionally. Reduce heat to medium-low, and simmer, stirring occasionally, 5 minutes or until slightly thickened.
- ☐ Remove from heat.
- ☐ Let stand 5 minutes. Beat in 1 1/2 cups powdered sugar and 1/2 tsp. vanilla extract at medium speed with an electric mixer until smooth.
- ☐ Pour over brownies, spreading to edges; sprinkle with toasted pecans. Cool 30 minutes.
Hands-on time: 25 min; Total time: 2 hr., 20 min.
- ☐ Marbled Brownies: Omit pecans and Chocolate Frosting. Preheat oven to 32
- ☐ Prepare batter as directed; spread half of batter into greased pan. Beat 1 (8-oz.) package softened cream cheese, 1/4 cup sugar, 1 egg yolk, and 1 tsp. vanilla extract at medium speed with an electric mixer until smooth. Dollop cream cheese mixture over brownie batter in pan. Dollop with remaining brownie batter, and swirl together using a paring knife.
- ☐ Bake 35 to 40 minutes. Cool 1 hour on a wire rack. Hands-on time: 30 min. Total time: 2 hr., 5 min.

Nutrition Facts



Properties

Glycemic Index:2.05, Glycemic Load:3.49, Inflammation Score:-1, Nutrition Score:1.2130434754426%

Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg Catechin: 0.85mg, Catechin: 0.85mg, Catechin: 0.85mg, Catechin: 0.85mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 1.62mg, Epicatechin: 1.62mg, Epicatechin: 1.62mg, Epicatechin: 1.62mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg

Nutrients (% of daily need)

Calories: 52kcal (2.6%), Fat: 3.37g (5.18%), Saturated Fat: 1.41g (8.8%), Carbohydrates: 5.52g (1.84%), Net Carbohydrates: 5.14g (1.87%), Sugar: 4.08g (4.53%), Cholesterol: 11.1mg (3.7%), Sodium: 14.12mg (0.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.69g (1.38%), Manganese: 0.13mg (6.5%), Copper: 0.06mg (2.99%), Iron:

0.33mg (1.86%), Selenium: 1.23µg (1.76%), Magnesium: 6.24mg (1.56%), Vitamin B1: 0.02mg (1.54%), Fiber: 0.38g (1.52%), Phosphorus: 14.78mg (1.48%), Zinc: 0.22mg (1.47%), Vitamin B2: 0.02mg (1.17%), Vitamin A: 54.26IU (1.09%)