



WHATSheATE

## Small Batch Gluten Free Brownies



Vegetarian



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



302 kcal

DESSERT

### Ingredients

- ☐ 2 large eggs
- ☐ 1 cup granulated sugar divided
- ☐ 0.3 cup rice flour white
- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons tapioca flour
- ☐ 4 ounces butter unsalted
- ☐ 3 ounces chocolate unsweetened chopped
- ☐ 1 teaspoon vanilla extract

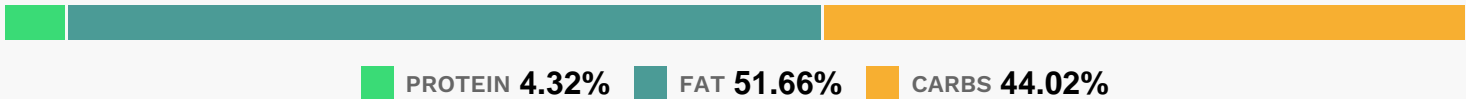
# Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ baking pan
- ☐ hand mixer
- ☐ aluminum foil
- ☐ spatula

# Directions

- ☐ Preheat oven to 350 degrees F. Line the inside of 9×5 inch baking pan non-stick foil. Stir together the rice flour, tapioca flour and salt; set aside. In a saucepan, melt butter over medium heat. When butter starts to melt and coats pan bottom, add unsweetened chocolate and reduce heat to low. Stir constantly until chocolate is melted.
- ☐ Add 1/2 cup of the sugar to melted chocolate and stir over low heat for about 40 seconds.
- ☐ Remove chocolate mixture from heat and let cool for about 5 minutes. Stir in vanilla. Meanwhile, using an electric mixer (hand-held or stand okay), beat eggs for a full 2 minute or until foamy and light. Gradually add remaining 1/2 cup of sugar to eggs and continue beating for another minute. Using a rubber spatula, fold a small amount (about 1/3 cup) of the egg mixture into the warm chocolate mixture, then fold the lightened chocolate into the bowl with the egg mixture. Stir in the rice/tapioca flour/salt mixture, being careful not to over-mix.
- ☐ Pour into pan and bake for 25–28 minutes or until top is set.
- ☐ Let cool completely.
- ☐ Transfer to refrigerator and chill for a few hours or overnight. Lift from pan and cut.

# Nutrition Facts



# Properties

Glycemic Index:17.26, Glycemic Load:20.98, Inflammation Score:-4, Nutrition Score:6.070869554644%

Flavonoids

Catechin: 6.84mg, Catechin: 6.84mg, Catechin: 6.84mg, Catechin: 6.84mg Epicatechin: 15.08mg, Epicatechin: 15.08mg, Epicatechin: 15.08mg, Epicatechin: 15.08mg

Nutrients (% of daily need)

Calories: 301.52kcal (15.08%), Fat: 18.42g (28.34%), Saturated Fat: 11.14g (69.61%), Carbohydrates: 35.32g (11.77%), Net Carbohydrates: 33.39g (12.14%), Sugar: 25.17g (27.97%), Cholesterol: 76.98mg (25.66%), Sodium: 94.83mg (4.12%), Alcohol: 0.17g (100%), Alcohol %: 0.3% (100%), Caffeine: 8.5mg (2.83%), Protein: 3.46g (6.93%), Manganese: 0.53mg (26.47%), Copper: 0.37mg (18.29%), Iron: 2.13mg (11.85%), Magnesium: 38.94mg (9.74%), Selenium: 6µg (8.57%), Vitamin A: 421.73IU (8.43%), Zinc: 1.25mg (8.36%), Phosphorus: 77.5mg (7.75%), Fiber: 1.92g (7.7%), Vitamin B2: 0.08mg (4.66%), Vitamin E: 0.51mg (3.4%), Potassium: 115.61mg (3.3%), Vitamin D: 0.46µg (3.08%), Vitamin B5: 0.28mg (2.8%), Vitamin B6: 0.05mg (2.69%), Folate: 9.54µg (2.39%), Vitamin B12: 0.14µg (2.26%), Calcium: 22.16mg (2.22%), Vitamin B1: 0.03mg (2.04%), Vitamin K: 2.06µg (1.96%), Vitamin B3: 0.33mg (1.67%)