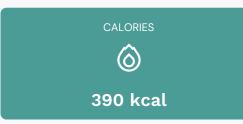


SSC Brownies







DESSERT

Ingredients

I tsp double-acting baking powder
125 g bittersweet chocolate chopped
0.8 cup rice cereal ()
3 large eggs
O.8 cup flour all-purpose (4 oz/125 g)
0.5 tsp kosher salt
2 cups semi chocolate chips (12 oz/375 g) (6 oz/185 g)
1 cup sugar (8 oz/250 g)
1 cup butter unsalted cold cut into small cubes (8 oz/250 g)

	1 tbsp vanilla extract pure	
Equipment		
	bowl	
	frying pan	
	oven	
	wire rack	
	double boiler	
	baking pan	
	toothpicks	
	spatula	
Directions		
	Preheat the oven to 375°F (190°C). Lightly spray or grease a 9-by-12-inch (23-by-30-cm) baking pan with cooking spray or butter.	
	Combine the butter, the 2 cups chocolate chips, and the bittersweet chocolate in a metal bowl or the top pan of a double boiler and place over (not touching) simmering water.	
	Heat, stirring, until all of the chocolate is melted and the mixture is smooth.	
	Remove from the heat and let cool until still warm but not too hot to touch, about 5 minutes.	
	In a large bowl, combine the eggs, sugar, and vanilla and stir until well blended.	
	Pour the egg mixture slowly into the warm chocolate mixture, stirring until thoroughly combined.	
	Let cool to room temperature, about 15 minutes.	
	In a medium bowl, stir together the flour, baking powder, salt, the remaining 1 cup chocolate chips, and the crisped rice cereal, if using.	
	Add to the cooled chocolate mixture and stir just until combined. Be careful not to overmix.	
	Pour the batter into the prepared pan and smooth the top with a rubber spatula.	
	Bake just until a toothpick inserted into the center comes out clean, about 35–40 minutes. Be careful not to overbake.	

Transfer to a wire rack and let cool completely in the pan, then refrigerate until well chilled, about 4 hours.
Cut into bars and serve. Store leftover bars in an airtight container at room temperature for up to 3 days.
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Nutrition Facts

PROTEIN 4.16% FAT 59.03% CARBS 36.81%

Properties

Glycemic Index:15.81, Glycemic Load:12.84, Inflammation Score:-4, Nutrition Score:7.5191304942836%

Nutrients (% of daily need)

Calories: 390.33kcal (19.52%), Fat: 25.73g (39.58%), Saturated Fat: 15.22g (95.14%), Carbohydrates: 36.09g (12.03%), Net Carbohydrates: 33.32g (12.12%), Sugar: 25.35g (28.17%), Cholesterol: 71.68mg (23.89%), Sodium: 129.5mg (5.63%), Alcohol: 0.3g (100%), Alcohol %: 0.48% (100%), Caffeine: 27.81mg (9.27%), Protein: 4.08g (8.16%), Manganese: 0.48mg (23.86%), Copper: 0.43mg (21.3%), Magnesium: 60.25mg (15.06%), Iron: 2.58mg (14.34%), Phosphorus: 122.12mg (12.21%), Selenium: 8.23μg (11.76%), Fiber: 2.77g (11.08%), Vitamin A: 448.35IU (8.97%), Zinc: 1.06mg (7.04%), Vitamin B2: 0.1mg (6.08%), Potassium: 210.16mg (6%), Calcium: 48.6mg (4.86%), Vitamin B1: 0.07mg (4.56%), Folate: 18.03μg (4.51%), Vitamin E: 0.65mg (4.34%), Vitamin B3: 0.69mg (3.45%), Vitamin K: 3.44μg (3.27%), Vitamin B5: 0.29mg (2.95%), Vitamin B12: 0.17μg (2.88%), Vitamin D: 0.43μg (2.85%), Vitamin B6: 0.03mg (1.57%)