



SSC Brownies

READY IN



45 min.

SERVINGS



15

CALORIES



390 kcal

DESSERT

Ingredients

- ☐ 1 tsp double-acting baking powder
- ☐ 125 g bittersweet chocolate chopped
- ☐ 0.8 cup crisped rice cereal ()
- ☐ 3 large eggs
- ☐ 0.8 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

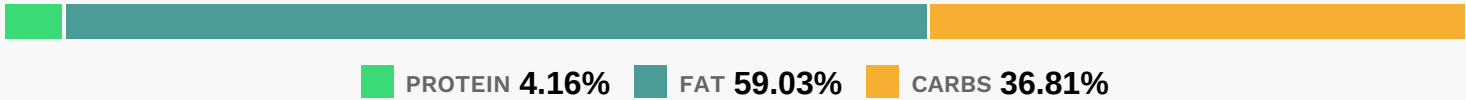
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ double boiler
- ☐ baking pan
- ☐ toothpicks
- ☐ spatula

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.
- ☐ Appears with permission from The Supper Club: Kid-friendly meals the whole family will love. Recipes by Susie Cover; photographs by Con Poulos. Copyright 2011 by Susie's Supper Club, LLC.

Nutrition Facts



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%)