



Strawberry Brownies

READY IN



60 min.

SERVINGS



10

CALORIES



342 kcal

DESSERT

Ingredients

- ☐ 1 cup butter cooled melted
- ☐ 1.5 cups cake flour as needed
- ☐ 0.5 cup cocoa powder
- ☐ 1 eggs
- ☐ 1 pound strawberries fresh divided sliced
- ☐ 1 cup sugar
- ☐ 1 tablespoon vanilla extract

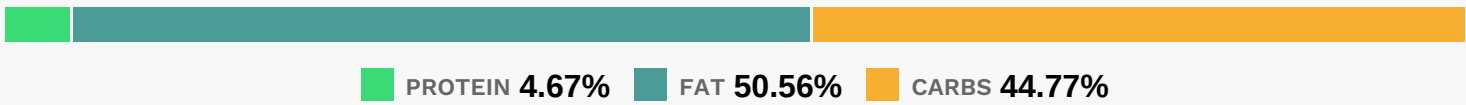
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ toothpicks

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 9 inch pie plate.
- ☐ Whisk together egg, melted butter, and vanilla in a large bowl. Puree about 1/4 cup of the sliced strawberries and whisk into the butter. Sift together the sugar, cocoa powder, and cake flour. Fold into the butter, and mix until well incorporated. Use more flour if needed to end up with a mixture in between a cake batter and a cookie dough (the strawberries will add additional moisture). Gently fold in the remaining sliced strawberries and pour the batter into prepared pie plate.
- ☐ Bake in preheated oven until a toothpick inserted into the center comes out clean, 30 to 40 minutes.

Nutrition Facts



Properties

Glycemic Index:22.71, Glycemic Load:23.81, Inflammation Score:-5, Nutrition Score:7.2504348573477%

Flavonoids

Cyanidin: 0.76mg, Cyanidin: 0.76mg, Cyanidin: 0.76mg, Cyanidin: 0.76mg Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg Delphinidin: 0.14mg, Delphinidin: 0.14mg, Delphinidin: 0.14mg, Delphinidin: 0.14mg Pelargonidin: 11.27mg, Pelargonidin: 11.27mg, Pelargonidin: 11.27mg, Pelargonidin: 11.27mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 4.2mg, Catechin: 4.2mg, Catechin: 4.2mg, Catechin: 4.2mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 8.64mg, Epicatechin: 8.64mg, Epicatechin: 8.64mg, Epicatechin: 8.64mg Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 341.8kcal (17.09%), Fat: 19.93g (30.66%), Saturated Fat: 12.21g (76.28%), Carbohydrates: 39.7g (13.23%), Net Carbohydrates: 36.75g (13.37%), Sugar: 22.51g (25.01%), Cholesterol: 65.17mg (21.72%), Sodium: 154.26mg (6.71%), Alcohol: 0.45g (100%), Alcohol %: 0.49% (100%), Caffeine: 9.89mg (3.3%), Protein: 4.14g (8.28%), Vitamin C: 26.67mg (32.33%), Manganese: 0.49mg (24.68%), Selenium: 9.94µg (14.2%), Vitamin A: 596.85IU (11.94%), Fiber: 2.95g (11.79%), Copper: 0.22mg (11.22%), Magnesium: 33.18mg (8.29%), Phosphorus: 74.87mg (7.49%), Iron: 1.05mg (5.81%), Folate: 21.2µg (5.3%), Vitamin E: 0.78mg (5.22%), Potassium: 167.35mg (4.78%), Zinc: 0.6mg (3.98%), Vitamin B2: 0.06mg (3.79%), Vitamin K: 2.76µg (2.63%), Vitamin B5: 0.24mg (2.43%), Calcium: 23.83mg (2.38%), Vitamin B3: 0.47mg (2.37%), Vitamin B1: 0.03mg (2.15%), Vitamin B6: 0.04mg (2.09%), Vitamin B12: 0.08µg (1.3%)