

Texas Brownies II

 Vegetarian

READY IN



45 min.

SERVINGS



30

CALORIES



225 kcal

DESSERT

Ingredients

- 1.5 teaspoons baking soda
- 0.5 cup butter
- 1 cup buttermilk
- 4 cups powdered sugar
- 3 eggs
- 3 cups flour all-purpose
- 6 teaspoons milk
- 0.8 teaspoon salt

- 3 tablespoons cocoa powder unsweetened
- 1 teaspoon vanilla extract
- 1.5 cups water
- 3 cups granulated sugar white

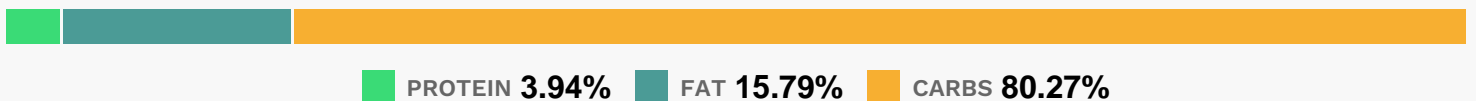
Equipment

- bowl
- frying pan
- sauce pan
- oven
- baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease a 12x18 inch jellyroll pan.
- In a large bowl, stir together the flour, sugar and baking soda. In a small saucepan, bring 1 1/2 cup margarine, 4 1/2 tablespoons cocoa, and 1 1/2 cup water to a rapid boil.
- Pour over the flour mixture and stir until combined.
- Add the eggs, buttermilk, and vanilla extract; mix well.
- Spread batter evenly into the prepared baking pan.
- Bake in the preheated oven for 20 minutes. Cool before frosting.
- Frosting: In a small saucepan, melt 1/2 cup of margarine. Stir in the confectioners' sugar, 3 tablespoons cocoa powder, milk, and 1 teaspoon vanilla, in that order. Beat by hand until creamy, then spread onto cooled sheet of brownies.
- Cut into squares and enjoy.

Nutrition Facts



Properties

Glycemic Index:8.8, Glycemic Load:21, Inflammation Score:-1, Nutrition Score:2.834347822096%

Flavonoids

Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg Epicatechin: 0.98mg, Epicatechin: 0.98mg, Epicatechin: 0.98mg, Epicatechin: 0.98mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 225.24kcal (11.26%), Fat: 4.04g (6.21%), Saturated Fat: 2.31g (14.45%), Carbohydrates: 46.2g (15.4%), Net Carbohydrates: 45.68g (16.61%), Sugar: 36.12g (40.14%), Cholesterol: 25.5mg (8.5%), Sodium: 153.69mg (6.68%), Alcohol: 0.05g (100%), Alcohol %: 0.07% (100%), Protein: 2.27g (4.53%), Selenium: 6.23µg (8.9%), Vitamin B1: 0.1mg (6.99%), Folate: 25.62µg (6.4%), Vitamin B2: 0.11mg (6.26%), Manganese: 0.11mg (5.4%), Iron: 0.75mg (4.17%), Vitamin B3: 0.76mg (3.81%), Phosphorus: 34.61mg (3.46%), Vitamin A: 133.13IU (2.66%), Copper: 0.05mg (2.33%), Fiber: 0.52g (2.09%), Magnesium: 6.9mg (1.73%), Calcium: 17.08mg (1.71%), Vitamin B5: 0.16mg (1.62%), Zinc: 0.22mg (1.48%), Vitamin B12: 0.09µg (1.46%), Vitamin D: 0.2µg (1.35%), Potassium: 41.18mg (1.18%)