



The Ultimate Brownie

 Dairy Free

READY IN



95 min.

SERVINGS



16

CALORIES



286 kcal

DESSERT

Ingredients

- 0.7 cup butter
- 5 oz baker's chocolate unsweetened cut into pieces
- 1.8 cups sugar
- 2 teaspoons vanilla
- 3 eggs
- 1 cup flour all-purpose
- 1 cup walnut pieces chopped

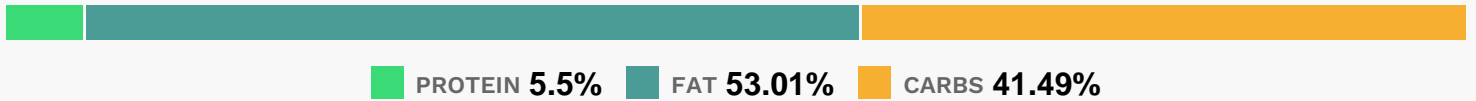
Equipment

- bowl
- frying pan
- sauce pan
- oven
- wire rack
- hand mixer

Directions

- Heat oven to 350°F. Grease bottom and sides of 9-inch square pan. In 1-quart saucepan, melt butter and chocolate over low heat, stirring constantly. Cool slightly.
- In medium bowl, beat sugar, vanilla and eggs with electric mixer on high speed 5 minutes. Beat in chocolate mixture on low speed. Beat in flour just until blended. Stir in walnuts.
- Spread in pan.
- Bake 40 to 45 minutes or just until brownies begin to pull away from sides of pan. Cool completely in pan on cooling rack. For brownies, cut into 4 rows by 4 rows.

Nutrition Facts



Properties

Glycemic Index:10.32, Glycemic Load:19.69, Inflammation Score:-5, Nutrition Score:7.0734782795543%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Catechin: 5.7mg, Catechin: 5.7mg, Catechin: 5.7mg, Catechin: 5.7mg Epicatechin: 12.56mg, Epicatechin: 12.56mg, Epicatechin: 12.56mg, Epicatechin: 12.56mg

Nutrients (% of daily need)

Calories: 286.11kcal (14.31%), Fat: 17.95g (27.61%), Saturated Fat: 5.16g (32.28%), Carbohydrates: 31.6g (10.53%), Net Carbohydrates: 29.43g (10.7%), Sugar: 22.22g (24.69%), Cholesterol: 30.69mg (10.23%), Sodium: 103.6mg (4.5%), Alcohol: 0.17g (100%), Alcohol %: 0.34% (100%), Caffeine: 7.09mg (2.36%), Protein: 4.19g (8.37%), Manganese: 0.68mg (33.82%), Copper: 0.42mg (21.09%), Iron: 2.27mg (12.63%), Magnesium: 43.58mg (10.89%), Selenium: 6.39µg (9.13%), Phosphorus: 87.72mg (8.77%), Fiber: 2.17g (8.69%), Zinc: 1.24mg (8.29%), Vitamin A: 384.34IU (7.69%), Folate: 27.92µg (6.98%), Vitamin B1: 0.1mg (6.91%), Vitamin B2: 0.1mg (6.13%), Potassium: 130.67mg (3.73%), Vitamin B3: 0.67mg (3.37%), Vitamin E: 0.47mg (3.14%), Vitamin B6: 0.06mg (3.01%), Calcium: 25.02mg

(2.5%), Vitamin B5: 0.23mg (2.25%), Vitamin B12: 0.08µg (1.38%), Vitamin D: 0.17µg (1.1%), Vitamin K: 1.11µg (1.05%)