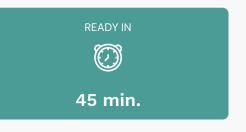


Thick, Fudgy, One Bowl Brownies







Ingredients

I cup bittersweet chocolate chopped
2 ounces baker's chocolate unsweetened chopped
8 tablespoons butter unsalted cut into quarters (1 stick)
3 tablespoons cocoa powder sifted
3 large eggs
2 teaspoons vanilla extract
0.5 teaspoon salt
5 ounces flour all-purpose

Equipment

	bowl
	frying pan
	oven
	knife
	wire rack
	baking pan
	toothpicks
	wooden spoon
	aluminum foil
	spatula
	skewers
Directions	
	Adjust an oven rack to the lower-middle position and heat the oven to 350F. Line an 8-inch square baking pan** with two pieces of foil and spray with vegetable oil spray.
	Melt the semi-sweet and unsweetened chocolate and butter in a large heatproof bowl set over a sauce plan of barely simmering water, stirring occasionally with a spatula (or wooden spoon) until smooth.
	Remove bowl from heat and stir in the cocoa powder until smooth. Set aside to cool.
	Once mixture has cooled, stir in the eggs, sugar, vanilla and salt until combined.
	Add flour, stirring until just combined.
	Transfer the batter to the prepared pan; spread the batter into the corners and smooth the surface using your spatula.
	Bake until slightly puffed and a toothpick or wooden skewer inserted into the center of the brownies comes out with a few moist crumbs attached, 35 40 minutes. Cool the brownies or a wire rack to room temperature (I did not wait this long, I waited for about, 5 minutes I needed chocolate). Looses the edges with a pairing knife and lift the brownies from the pan using the foil extensions.
	Cut the brownies into 1-inch squares and serve.

Nutrition Facts

Properties

Glycemic Index:1.17, Glycemic Load:1.22, Inflammation Score:-1, Nutrition Score:1.4195652173913%

Flavonoids

Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg Epicatechin: 1.72mg, Epicatechin: 1.72mg, Epicatechin: 1.72mg, Epicatechin: 1.72mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 45.13kcal (2.26%), Fat: 3.21g (4.93%), Saturated Fat: 1.88g (11.77%), Carbohydrates: 3.56g (1.19%), Net Carbohydrates: 3.04g (1.11%), Sugar: 1.05g (1.16%), Cholesterol: 12.65mg (4.22%), Sodium: 22.28mg (0.97%), Caffeine: 3.6mg (1.2%), Protein: 0.87g (1.73%), Manganese: 0.1mg (4.92%), Copper: 0.08mg (3.85%), Iron: 0.5mg (2.8%), Selenium: 1.82µg (2.6%), Magnesium: 9.7mg (2.42%), Fiber: 0.51g (2.05%), Phosphorus: 19.83mg (1.98%), Vitamin B2: 0.03mg (1.48%), Zinc: 0.22mg (1.47%), Vitamin B1: 0.02mg (1.39%), Folate: 5.53µg (1.38%), Vitamin A: 57.76IU (1.16%)