



## Thick, Fudgy, One Bowl Brownies

READY IN



45 min.

SERVINGS



64

CALORIES



45 kcal

### Ingredients

- 1 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 pan 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 on 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



■ PROTEIN 7.45% ■ FAT 61.99% ■ CARBS 30.56%

## 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%)