



Triple Chocolate Brownies

READY IN



45 min.

SERVINGS



18

CALORIES



429 kcal

DESSERT

Ingredients

- 12 ounces best-quality bittersweet chocolate
- 3 sticks plus 2 tablespoons butter unsalted
- 0.5 cup chocolate buttons white
- 2 teaspoons approximately confectioners' sugar for garnish
- 6 eggs
- 1.5 cups flour all-purpose
- 1 teaspoon salt
- 0.5 cup semisweet chocolate buttons
- 1.8 cups caster sugar

1 tablespoon vanilla extract pure

Equipment

bowl

frying pan

oven

sieve

measuring cup

Directions

Preheat the oven to 350 degrees F.

Melt the butter and dark chocolate together in a large heavy based pan over a low heat.

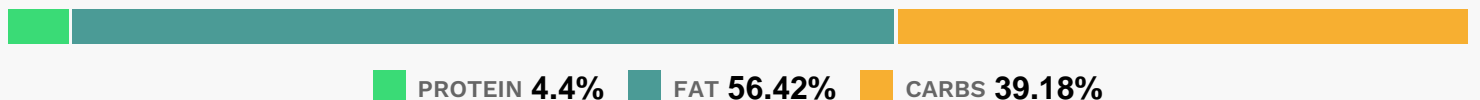
In a bowl or large measuring jug, beat the eggs together with the superfine sugar and vanilla extract.

Allow the chocolate mixture to cool a little, then add the egg and sugar mixture and beat well. Fold in the flour and salt. Then stir in the white chocolate buttons or chips, and the semisweet chocolate buttons or chips. Beat to combine then scrape and pour the brownie mixture into the prepared tin.

Bake for about 25 minutes. You can see when the brownies are ready because the top dries to a slightly paler brown speckle, while the middle remains dark, dense and gooey. Even with such a big batch you do need to keep checking on it: the difference between gooey brownies and dry ones is only a few minutes. Remember, too, that they will continue to cook as they cool.

To serve, cut into squares while still warm and pile up on a large plate, sprinkling with confectioners' sugar pushed with a teaspoon through a small sieve.

Nutrition Facts



Properties

Glycemic Index:14.73, Glycemic Load:20.84, Inflammation Score:-5, Nutrition Score:7.3143478173601%

Nutrients (% of daily need)

Calories: 429.07kcal (21.45%), Fat: 27.11g (41.71%), Saturated Fat: 16.1g (100.64%), Carbohydrates: 42.37g (14.12%), Net Carbohydrates: 40.18g (14.61%), Sugar: 30.69g (34.1%), Cholesterol: 97.25mg (32.42%), Sodium: 277.27mg (12.06%), Alcohol: 0.25g (100%), Alcohol %: 0.34% (100%), Caffeine: 20.43mg (6.81%), Protein: 4.75g (9.51%), Manganese: 0.39mg (19.65%), Copper: 0.33mg (16.31%), Selenium: 10.5µg (15%), Iron: 2.27mg (12.59%), Magnesium: 46.78mg (11.69%), Phosphorus: 113.08mg (11.31%), Vitamin A: 562.83IU (11.26%), Vitamin B2: 0.15mg (8.9%), Fiber: 2.19g (8.76%), Folate: 26.78µg (6.69%), Vitamin B1: 0.1mg (6.57%), Zinc: 0.94mg (6.26%), Potassium: 182.61mg (5.22%), Vitamin E: 0.77mg (5.15%), Vitamin B3: 0.86mg (4.32%), Vitamin B5: 0.38mg (3.85%), Vitamin B12: 0.23µg (3.76%), Calcium: 36.68mg (3.67%), Vitamin K: 3.44µg (3.27%), Vitamin B6: 0.04mg (2.02%), Vitamin D: 0.29µg (1.96%)