



Triple-Chocolate Brownies

READY IN



180 min.

SERVINGS



24

CALORIES



311 kcal

DESSERT

Ingredients

- ☐ 0.7 cup butter
- ☐ 1 lb chocolate frosting
- ☐ 3 eggs
- ☐ 1 cup flour all-purpose
- ☐ 1 cup nuts chopped
- ☐ 6 oz semi chocolate chips
- ☐ 1.8 cups sugar
- ☐ 5 oz baker's chocolate unsweetened
- ☐ 2 teaspoons vanilla

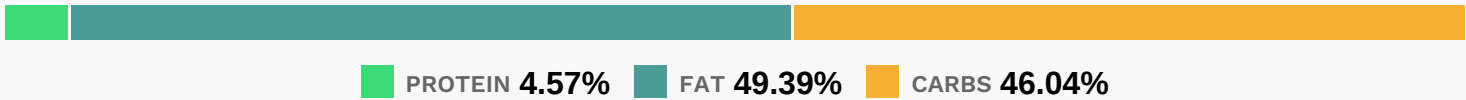
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ hand mixer

Directions

- ☐ Heat oven to 350F. Grease bottom and sides of 9-inch square pan with shortening. In 1-quart saucepan, melt baking chocolate and butter over low heat, stirring frequently; remove from heat. Cool slightly.
- ☐ In large bowl, beat sugar, vanilla and eggs with electric mixer on high speed 5 minutes. On low speed, beat in chocolate mixture. Beat in flour just until blended. Stir in nuts and chocolate chips.
- ☐ Spread in pan.
- ☐ Bake 40 to 45 minutes or just until brownies begin to pull away from sides of pan. Cool completely, about 2 hours.
- ☐ Spread with chocolate frosting. For regular brownies, cut into 6 rows by 4 rows; for mega-size brownies, cut into 3 rows by 3 rows.

Nutrition Facts



Properties

Glycemic Index:7.28, Glycemic Load:13.35, Inflammation Score:-4, Nutrition Score:6.4395652092669%

Flavonoids

Catechin: 3.8mg, Catechin: 3.8mg, Catechin: 3.8mg, Catechin: 3.8mg Epicatechin: 8.38mg, Epicatechin: 8.38mg, Epicatechin: 8.38mg, Epicatechin: 8.38mg

Nutrients (% of daily need)

Calories: 310.56kcal (15.53%), Fat: 17.92g (27.56%), Saturated Fat: 6.16g (38.53%), Carbohydrates: 37.58g (12.53%), Net Carbohydrates: 35.18g (12.79%), Sugar: 28.19g (31.32%), Cholesterol: 20.89mg (6.96%), Sodium: 104.98mg (4.56%), Alcohol: 0.11g (100%), Alcohol %: 0.21% (100%), Caffeine: 11.2mg (3.73%), Protein: 3.73g (7.46%), Manganese: 0.54mg (27%), Copper: 0.41mg (20.33%), Iron: 2.31mg (12.84%), Magnesium: 51.29mg (12.82%), Phosphorus: 101.07mg (10.11%), Fiber: 2.4g (9.59%), Zinc: 1.15mg (7.66%), Selenium: 4.77µg (6.81%), Vitamin A: 259.88IU (5.2%), Potassium: 178.67mg (5.1%), Vitamin B2: 0.08mg (4.76%), Vitamin B1: 0.07mg (4.61%), Folate: 17.02µg (4.26%), Vitamin E: 0.62mg (4.11%), Vitamin B3: 0.76mg (3.79%), Vitamin B5: 0.22mg (2.21%), Calcium: 22.01mg (2.2%), Vitamin B6: 0.04mg (1.75%), Vitamin B12: 0.07µg (1.13%), Vitamin K: 1.12µg (1.06%)