



Very Chocolate Brownies

READY IN



45 min.

SERVINGS



36

CALORIES



153 kcal

DESSERT

Ingredients

- 2 tablespoons butter
- 3 eggs
- 1 cup flour all-purpose
- 1 cup heavy whipping cream
- 6 ounces semi chocolate chips
- 2 cups sugar
- 4 ounces baker's chocolate unsweetened chopped
- 1 teaspoon vanilla extract
- 1 cup walnut pieces coarsely chopped

0.3 cup water

Equipment

bowl

frying pan

oven

baking pan

toothpicks

aluminum foil

microwave

Directions

In a microwave, melt butter and chocolate; stir until smooth. Cool slightly. In a large bowl, beat eggs and sugar. Stir in vanilla and chocolate mixture. Gradually add flour to chocolate mixture. Stir in walnuts.

Line a 13-in. x 9-in. baking pan with foil and grease the foil.

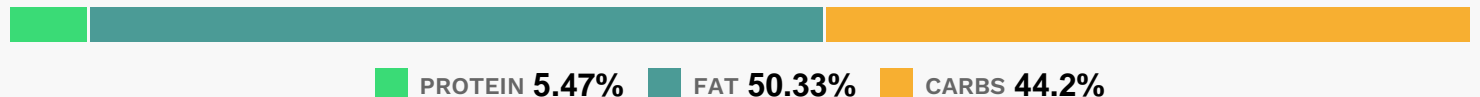
Pour batter into pan.

Bake at 350° for 25–30 minutes or until a toothpick inserted near the center comes out with moist crumbs (do not overbake). Cool completely.

For topping, melt chocolate chips and butter with water in a microwave; stir until smooth. Cool to room temperature. Fold in whipped cream.

Spread over brownies. Chill before cutting. Store leftovers in the refrigerator.

Nutrition Facts



Properties

Glycemic Index:5.97, Glycemic Load:9.72, Inflammation Score:-2, Nutrition Score:3.6873913216202%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Catechin: 2.03mg, Catechin: 2.03mg, Catechin: 2.03mg, Catechin: 2.03mg Epicatechin: 4.47mg, Epicatechin: 4.47mg, Epicatechin: 4.47mg, Epicatechin: 4.47mg

Nutrients (% of daily need)

Calories: 153.43kcal (7.67%), Fat: 9.01g (13.87%), Saturated Fat: 4.3g (26.87%), Carbohydrates: 17.81g (5.94%), Net Carbohydrates: 16.59g (6.03%), Sugar: 13.17g (14.63%), Cholesterol: 23.07mg (7.69%), Sodium: 13.56mg (0.59%), Alcohol: 0.04g (100%), Alcohol %: 0.13% (100%), Caffeine: 6.58mg (2.19%), Protein: 2.2g (4.41%), Manganese: 0.33mg (16.51%), Copper: 0.22mg (11.1%), Iron: 1.18mg (6.55%), Magnesium: 25.46mg (6.37%), Phosphorus: 51.17mg (5.12%), Fiber: 1.21g (4.85%), Selenium: 3.39µg (4.84%), Zinc: 0.62mg (4.12%), Vitamin B2: 0.06mg (3.48%), Vitamin B1: 0.05mg (3.15%), Folate: 12.43µg (3.11%), Vitamin A: 139.43IU (2.79%), Potassium: 82.9mg (2.37%), Vitamin B3: 0.33mg (1.66%), Calcium: 16.59mg (1.66%), Vitamin B6: 0.03mg (1.5%), Vitamin B5: 0.13mg (1.27%), Vitamin E: 0.18mg (1.22%), Vitamin D: 0.18µg (1.19%)