

Wicked Brownies

 Vegetarian

READY IN



60 min.

SERVINGS



24

CALORIES



155 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 cup butter
- ☐ 4 eggs
- ☐ 2.3 cups flour all-purpose
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup cocoa powder unsweetened
- ☐ 2 cups sugar white

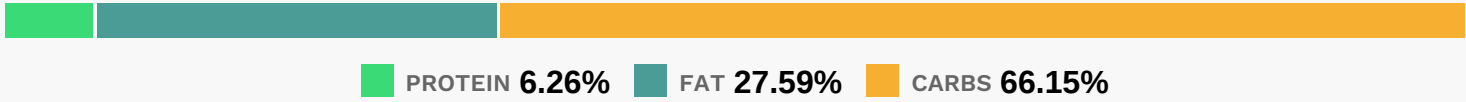
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Preheat the oven to 375 degrees F (190 degrees C). Lightly grease a 9x13 inch pan.
- ☐ In medium saucepan over medium heat, melt butter.
- ☐ Remove from heat and immediately stir in the cocoa. In a large bowl, beat together the sugar and eggs. Stir in the melted chocolate mixture.
- ☐ Combine the flour, baking powder and salt; stir into the batter. Fold in walnuts if desired.
- ☐ Spread evenly into the prepared pan.
- ☐ Bake for 35 to 40 minutes in the preheated oven, or until the top has crusted over. You want the tester to come out a with a little batter on it, not completely clean. Cool for a few minutes before cutting into bars.

Nutrition Facts



Properties

Glycemic Index:11.96, Glycemic Load:18.15, Inflammation Score:-2, Nutrition Score:3.3091304626154%

Flavonoids

Catechin: 1.16mg, Catechin: 1.16mg, Catechin: 1.16mg, Catechin: 1.16mg Epicatechin: 3.52mg, Epicatechin: 3.52mg, Epicatechin: 3.52mg, Epicatechin: 3.52mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 155.39kcal (7.77%), Fat: 4.95g (7.61%), Saturated Fat: 2.82g (17.64%), Carbohydrates: 26.68g (8.89%), Net Carbohydrates: 25.7g (9.35%), Sugar: 16.73g (18.58%), Cholesterol: 37.45mg (12.48%), Sodium: 107.71mg (4.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 4.12mg (1.37%), Protein: 2.53g (5.05%), Selenium: 6.63µg (9.47%), Manganese: 0.15mg (7.58%), Vitamin B1: 0.1mg (6.44%), Folate: 25.61µg (6.4%), Vitamin B2: 0.1mg (5.91%), Iron: 0.95mg (5.27%), Copper: 0.09mg (4.56%), Phosphorus: 45.11mg (4.51%), Fiber: 0.98g (3.92%), Vitamin B3: 0.74mg (3.69%), Vitamin A: 157.78IU (3.16%), Magnesium: 12.54mg (3.13%), Zinc: 0.3mg (2.03%), Calcium: 19.28mg

(1.93%), Vitamin B5: 0.17mg (1.74%), Potassium: 51.4mg (1.47%), Vitamin E: 0.2mg (1.3%), Vitamin B12: 0.07µg (1.22%)