



Wonderful Brownies

READY IN



130 min.

SERVINGS



15

CALORIES



390 kcal

DESSERT

Ingredients

- ☐ 0.3 cup butter
- ☐ 4 eggs
- ☐ 1 cup flour all-purpose
- ☐ 1.5 cups heavy cream
- ☐ 1 cup pecans chopped
- ☐ 0.5 teaspoon salt
- ☐ 12 ounce semi-sweet chocolate chips
- ☐ 2 teaspoons vanilla extract
- ☐ 1 cup sugar white

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ mixing bowl
- ☐ baking pan
- ☐ hand mixer
- ☐ toothpicks

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease a 9x13-inch baking pan.
- ☐ Melt 1 12-ounce package of chocolate chips in a saucepan with 2/3 cup of butter over very low heat, stirring constantly, until smooth. Watch carefully to avoid scorching;
- ☐ Remove from heat, and scrape into a large bowl. Beat in the sugar, a couple of tablespoons at a time, then beat in the eggs 2 at a time until the mixture is well combined. Stir in flour and salt until blended, then stir in the vanilla extract. Gently fold in 1 more 12-ounce package of chocolate chips and the pecans.
- ☐ Spread batter into the prepared baking pan.
- ☐ Bake in the preheated oven until a toothpick inserted into the center of the brownies comes out with moist crumbs, about 35 minutes.
- ☐ Remove from oven and cool completely.
- ☐ Mix the cream and 1/4 cup of butter together in a saucepan over low heat until the butter has melted, stirring constantly; pour in remaining 1 12-ounce bag of chocolate chips and stir to melt completely.
- ☐ Pour the mixture into a mixing bowl, and beat on Medium speed with an electric mixer until combined, about 1 minute; chill the frosting thoroughly, stirring occasionally, about 45 minutes to 1 hour.
- ☐ Mixture should be the consistency of thick cream; beat the frosting again with electric mixer until it forms stiff peaks, 3 to 5 minutes.
- ☐ Spread frosting on cooled brownies.

Nutrition Facts



PROTEIN 5.16% FAT 61.07% CARBS 33.77%

Properties

Glycemic Index:13.67, Glycemic Load:13.94, Inflammation Score:-5, Nutrition Score:8.5160869424758%

Flavonoids

Cyanidin: 0.78mg, Cyanidin: 0.78mg, Cyanidin: 0.78mg, Cyanidin: 0.78mg Delphinidin: 0.53mg, Delphinidin: 0.53mg, Delphinidin: 0.53mg, Delphinidin: 0.53mg Catechin: 0.53mg, Catechin: 0.53mg, Catechin: 0.53mg, Catechin: 0.53mg Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg

Nutrients (% of daily need)

Calories: 389.56kcal (19.48%), Fat: 26.82g (41.26%), Saturated Fat: 13.24g (82.78%), Carbohydrates: 33.37g (11.12%), Net Carbohydrates: 30.63g (11.14%), Sugar: 22.75g (25.28%), Cholesterol: 80.04mg (26.68%), Sodium: 127.55mg (5.55%), Alcohol: 0.18g (100%), Alcohol %: 0.25% (100%), Caffeine: 19.5mg (6.5%), Protein: 5.1g (10.2%), Manganese: 0.69mg (34.49%), Copper: 0.39mg (19.73%), Selenium: 9.44µg (13.49%), Magnesium: 53.76mg (13.44%), Phosphorus: 126.07mg (12.61%), Iron: 2.24mg (12.45%), Fiber: 2.74g (10.95%), Vitamin A: 523.17IU (10.46%), Vitamin B2: 0.16mg (9.67%), Vitamin B1: 0.13mg (8.69%), Zinc: 1.2mg (8.02%), Potassium: 208.09mg (5.95%), Folate: 23.43µg (5.86%), Vitamin E: 0.67mg (4.47%), Calcium: 43.82mg (4.38%), Vitamin B5: 0.41mg (4.12%), Vitamin D: 0.62µg (4.1%), Vitamin B3: 0.8mg (3.97%), Vitamin B12: 0.19µg (3.16%), Vitamin K: 2.97µg (2.83%), Vitamin B6: 0.06mg (2.76%)