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Brownies ^{••}

Brownies are a delicious dessert that originated in the United States. They are typically made with chocolate, butter, sugar, eggs, and flour. Brownies are often enjoyed as a sweet treat and are popular at parties and gatherings. They can be served plain or with toppings such as ice cream, whipped cream, or chocolate sauce.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 30 mins

Total Time: 45 mins

Recipe Yield: 500 grams

Number of Servings: 12

Serving Size: 42 g

Ingredients

200 g	Chocolate
150 g	Butter
200 g	Sugar
2 units	Eggs
100 g	Flour

Directions

Step 1

Preheating

Preheat the oven to 350°F (175°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Stove

Melt the chocolate and butter together in a saucepan over low heat.

Prep Time: 5 mins

Cook Time: 5 mins

Step 3

Mixing

In a mixing bowl, whisk together the sugar and eggs until well combined.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Mixing

Add the melted chocolate mixture to the sugar and eggs, and mix well.

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Mixing

Gradually add the flour to the mixture, stirring until just combined.

Prep Time: 5 mins

Cook Time: 0 mins

Step 6

Preparation

Pour the batter into a greased baking dish and smooth the top with a spatula.

Prep Time: 5 mins

Cook Time: 0 mins

Step 7

Oven

Bake in the preheated oven for 25-30 minutes, or until a toothpick inserted into the center comes out with a few moist crumbs.

Prep Time: 0 mins

Cook Time: 25 mins

Step 8

Cooling

Allow the brownies to cool before cutting into squares and serving.

Prep Time: 10 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 356 kcal

Fat: 19 g

Protein: 4 g

Carbohydrates: 43 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	4 g	23.53%	23.53%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	43 g	78.18%	86%
Fibers	3 g	7.89%	12%
Sugars	30 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	8 g	N/A	N/A
Saturated Fat	9 g	40.91%	52.94%
Fat	19 g	67.86%	76%
Cholesterol	68 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	8 iu	0.89%	1.14%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	1 mg	6.67%	6.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	134 mg	5.83%	5.83%
Calcium	2 mg	0.2%	0.2%
Iron	7 mg	87.5%	38.89%
Potassium	176 mg	5.18%	6.77%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Events

Christmas

Thanksgiving

Birthday

Valentine's Day

Course

Drinks

Desserts

Breads

Snacks

Sauces & Dressings

Cultural

Chinese New Year

Cinco de Mayo

Diwali

Hanukkah

Oktoberfest

Passover

Ramadan

St. Patrick's Day

Thanksgiving

Christmas

Easter

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Easy

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