

# Fudge Brownies

|                       |                 |              |          |              |
|-----------------------|-----------------|--------------|----------|--------------|
| Recipe group          | Additional name | Diet factors | Portions | Portion size |
| Baked Goods, American | Baking & Pastry | VG, NF       | 24       | 3.56 oz      |

|   | Capacity measure | EP            | Trim loss | AP            | Name of ingredient               | Methods                                                                                                              |
|---|------------------|---------------|-----------|---------------|----------------------------------|----------------------------------------------------------------------------------------------------------------------|
| 1 | 2 1/2 cup        | 1 lb 4.00 oz  | 0%        | 1 lb 4.00 oz  | Non-Dairy Milk, Soy, unsweetened | For Brownie Batter: Using a stand mixer with a paddle attachment, add all ingredients in step 1. Mix until combined. |
|   | 1 1/3 cup        | 0 lb 10.21 oz | 0%        | 0 lb 10.21 oz | Oil, Canola                      |                                                                                                                      |
|   | 1/2 cup          | 0 lb 4.37 oz  | 0%        | 0 lb 4.38 oz  | Coffee, brewed                   |                                                                                                                      |
|   | 2 tsp            | 0 lb 0.31 oz  | 0%        | 0 lb 0.31 oz  | Extract, Vanilla                 |                                                                                                                      |



*Mix liquid ingredients.*

|   | Capacity measure | EP           | Trim loss | AP           | Name of ingredient                | Methods                                                                                                        |
|---|------------------|--------------|-----------|--------------|-----------------------------------|----------------------------------------------------------------------------------------------------------------|
| 2 | 4 cup            | 1 lb 2.40 oz | 0%        | 1 lb 2.40 oz | Flour, All-Purpose                | In a mixing bowl combine ingredients from step 2. Add to ingredients in mixer and paddle until fully combined. |
|   | 2 1/2 cup        | 1 lb 1.75 oz | 0%        | 1 lb 1.75 oz | Sugar, White, granulated          |                                                                                                                |
|   | 2 cup            | 0 lb 5.80 oz | 0%        | 0 lb 5.80 oz | Cocoa Powder, unsweetened, sifted |                                                                                                                |
|   | 1 cup            | 0 lb 7.75 oz | 0%        | 0 lb 7.75 oz | Sugar, Brown                      |                                                                                                                |
|   | 2 tbsp           | 0 lb 0.86 oz | 0%        | 0 lb 0.86 oz | Baking Powder                     |                                                                                                                |
|   | 1 tsp            | 0 lb 0.10 oz | 0%        | 0 lb 0.10 oz | Salt, Kosher                      |                                                                                                                |



*Dry ingredients.*



*Mix to combine.*

Capacity  
measure

EP

Trim  
loss

AP Name of ingredient

Methods

3

For Baking: Preheat oven to 350°F. Portion batter on a lined half sheet pan and spread evenly with a spatula. Bake in oven for 35-40 minutes, until a toothpick inserted near center of pan comes out clean. Cool completely and cut half sheet pan into 4 rows by 6 rows to make 24 pieces. Transfer to serving trays or storage container.

3



*Spread batter in pan.*



*Baked brownies.*

RECIPE IMAGES



Fudge Brownies.

ALLERGENS

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MEMO

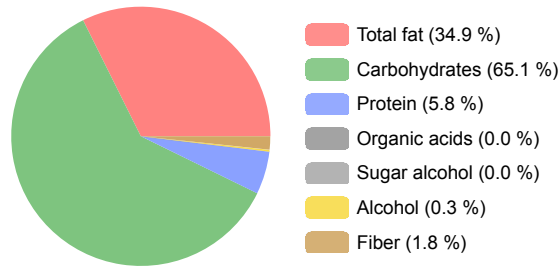
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NUTRITION INFORMATION

per portion

|                      |             |      |             | Calories    |      | Minerals   |           | RDI  |             |
|----------------------|-------------|------|-------------|-------------|------|------------|-----------|------|-------------|
| Energy nutritives    |             | RDI  | % of energy | 345.33 kcal | 17 % | Salt       | 0.15 g    |      |             |
| Total fat            | 13.63 g     | 17 % | 34.90 %     | 1,444.88 kJ |      | Salt       | 0.15 %    |      |             |
| Saturated            | 1.54 g      | 8 %  | 3.94 %      |             |      | Sodium     | 60.50 mg  | 3 %  | Vitamins    |
| Monounsaturated      | 8.06 g      |      | 20.65 %     |             |      | Phosphorus | 167.35 mg | 13 % | Vitamin A   |
| Polyunsaturated      | 3.76 g      |      | 9.64 %      |             |      | Potassium  | 454.74 mg | 10 % | Vitamin D   |
| Trans fatty acids    | 0.05 g      |      | 0.12 %      |             |      | Iron       | 1.70 mg   | 9 %  | Thiamine    |
| Cholesterol          | 0.00 mg     | 0 %  |             |             |      | Calcium    | 100.62 mg | 8 %  | Riboflavin  |
| Linolenic acid       | 2.42 g      |      | 6.19 %      |             |      | Zinc       | 0.65 mg   | 6 %  | Niacin      |
| Alpha-linolenic acid | 1,102.43 mg |      | 2.82 %      |             |      | Magnesium  | 60.81 mg  | 14 % | Vitamin B6  |
| Total Carbohydrate   | 55.33 g     | 20 % | 65.09 %     |             |      | Iodine     | 0.00 µg   | 0 %  | Vitamin B12 |
| Sugars total         | 30.13 g     | 60 % |             |             |      | Selenium   | 9.24 µg   | 17 % | Folate      |
| Added sugar          | 0.00 g      | 0 %  | 0.00 %      |             |      | Copper     | 0.32 mg   | 36 % | Vitamin C   |
| Lactose              | 0.00 g      |      |             |             |      |            |           |      | Vitamin E   |
| Fiber                | 3.26 g      | 12 % | 1.81 %      |             |      |            |           |      | Vitamin K   |
| Organic acids        | 0.00 g      |      | 0.00 %      |             |      |            |           |      |             |
| Sugar alcohol        | 0.00 g      |      | 0.00 %      |             |      |            |           |      |             |
| Starch               | 0.00 g      |      | 0.00 %      |             |      |            |           |      |             |
| Protein              | 4.91 g      | 10 % | 5.77 %      |             |      |            |           |      |             |
| Alcohol              | 0.12 g      |      | 0.25 %      |             |      |            |           |      |             |
|                      |             |      |             |             |      |            |           |      | Others      |
|                      |             |      |             |             |      |            |           |      | Water       |
|                      |             |      |             |             |      |            |           |      | 25.34 g     |

PERCENTAGE OF ENERGY



CO2



Comparable CO2 emissions for equal sized portions.

The carbon footprint calculator is based on emission factors per kilogram calculated for individual ingredients. The calculator does not take into account emissions from food preparation.