

**BROWNIE**

Chocolate brownie

 15 minutes 1 hour and 10 minutes 8 portions**INGREDIENTS**

- 70 gr of chocolate, dark, 60-69% cacao solids [28 g]
- 30 grams of cocoa powder, without sugar, powder, instant
- 30 grams of butter, regular
- 1 large unit of egg, white, raw, fresh [33 g]
- 50 grams of sugar, brown
- 10 grams of raspberry, raw

COOKING METHOD

- 1° Cream butter and sugar.
- 2° Add one at a time
- 3° Add cocoa powder, corn starch
- 4° Melted chocolate for last
- 5° Bake in a pan 180°C 20min

NUTRITIONAL INFORMATION

| | PER 100 g | PER PORTION [23 g] | % DRI |
|------------------------------|-----------|--------------------|-------|
| ENERGY | 392 kcal | 89 kcal | 4 % |
| FAT | 23 g | 5 g | 8 % |
| FATTY ACIDS, TOTAL SATURATED | 14 g | 3 g | 16 % |
| CHOLESTEROL | 37 mg | 8 mg | 3 % |
| SODIUM | 146 mg | 33 mg | 1 % |
| CARBOHYDRATE | 37 g | 8 g | 3 % |
| SUGARS | 33 g | 7 g | — |
| FIBER | 6 g | 1 g | 6 % |
| PROTEIN | 7 g | 2 g | — |