

# Cocoa Pecan Brownies

Nancy Vienneau and Third Thursday Potluck - Nashville, TN  
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## Yield: 20 squares

1 1/2 cups (two sticks) butter  
3 cups sugar  
2 teaspoons vanilla extract  
12 tablespoons cocoa powder  
6 eggs  
1 1/2 cups all-purpose flour  
1 cup chopped pecans

Preheat the oven to 350 degrees.

Grease a 13x9-inch baking pan.

Melt the butter and sugar together in a three-quart saucepan. Add the vanilla and cocoa; stir well. Remove from the heat. Beat in the eggs, one at a time. Beat in the flour. Fold in the pecans.

Pour the batter into the prepared pan.

Bake for 30 to 35 minutes.

Let cool slightly before cutting into squares.

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Per Serving (excluding unknown items): 5635 Calories; 259g Fat (39.7% calories from fat); 80g Protein; 804g Carbohydrate; 36g Dietary Fiber; 1645mg Cholesterol; 1850mg Sodium. Exchanges: 13 Grain(Starch); 6 Lean Meat; 47 Fat; 40 Other Carbohydrates.

Desserts

## Per Serving Nutritional Analysis

|                                |        |                     |        |
|--------------------------------|--------|---------------------|--------|
| Calories (kcal):               | 5635   | Vitamin B6 (mg):    | .8mg   |
| % Calories from Fat:           | 39.7%  | Vitamin B12 (mcg):  | 4.1mcg |
| % Calories from Carbohydrates: | 54.8%  | Thiamin B1 (mg):    | 2.8mg  |
| % Calories from Protein:       | 5.5%   | Riboflavin B2 (mg): | 2.8mg  |
| Total Fat (g):                 | 259g   | Folacin (mcg):      | 505mcg |
| Saturated Fat (g):             | 107g   | Niacin (mg):        | 14mg   |
| Monounsaturated Fat (g):       | 104g   | Caffeine (mg):      | 148mg  |
| Polyunsaturated Fat (g):       | 30g    | Alcohol (kcal):     | 25     |
| Cholesterol (mg):              | 1645mg | % Refuse:           | 0.0%   |

|                    |            |
|--------------------|------------|
| Carbohydrate (g):  | 804g       |
| Dietary Fiber (g): | 36g        |
| Protein (g):       | 80g        |
| Sodium (mg):       | 1850mg     |
| Potassium (mg):    | 2108mg     |
| Calcium (mg):      | 356mg      |
| Iron (mg):         | 26mg       |
| Zinc (mg):         | 16mg       |
| Vitamin C (mg):    | 2mg        |
| Vitamin A (i.u.):  | 6831IU     |
| Vitamin A (r.e.):  | 1724 1/2RE |

## Food Exchanges

|                      |    |
|----------------------|----|
| Grain (Starch):      | 13 |
| Lean Meat:           | 6  |
| Vegetable:           | 0  |
| Fruit:               | 0  |
| Non-Fat Milk:        | 0  |
| Fat:                 | 47 |
| Other Carbohydrates: | 40 |

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## Nutrition Facts

### Amount Per Serving

**Calories** 5635                      **Calories from Fat:** 2237

### % Daily Values\*

|                                 |      |
|---------------------------------|------|
| <b>Total Fat</b> 259g           | 398% |
| Saturated Fat 107g              | 536% |
| <b>Cholesterol</b> 1645mg       | 548% |
| <b>Sodium</b> 1850mg            | 77%  |
| <b>Total Carbohydrates</b> 804g | 268% |
| Dietary Fiber 36g               | 142% |
| <b>Protein</b> 80g              |      |
| <hr/>                           |      |
| <b>Vitamin A</b>                | 137% |
| <b>Vitamin C</b>                | 4%   |
| <b>Calcium</b>                  | 36%  |
| <b>Iron</b>                     | 146% |

\* Percent Daily Values are based on a 2000 calorie diet.