Yield $100 \quad$ Portion 1 Brownie

| Calories | Carbohydrates | Protein | Fat | Cholesterol | Sodium |
| :--- | :---: | :---: | :---: | :---: | :---: |
| 328 cal | 39 g | 6 g | 17 g | 57 mg | 287 mg |

## Method

1 Sift together flour, baking powder, and salt. Set aside for use in Step 3.
2 Place brown sugar in mixer bowl; add hot butter or margarine. Beat about 2 minutes at low speed until smooth and well blended.
3 Add eggs and vanilla; beat at medium speed for 8 minutes. Scrape down bowl and add dry ingredients to mixture in mixer bowl. Beat for 2 minutes at low speed or until well blended. Scrape down bowl.
4 Fold nuts into batter.
5 Lightly spray each pan with non-stick cooking spray. Spread 3-1/4 quarts batter into sprayed and floured pans.
6 Using a convection oven, bake at 300 F. 40 to 45 minutes or until done on low fan, closed vent. DO NOT OVERBAKE. Brownies are done when a toothpick inserted into center comes out clean.
7 Cut 6 by 9 while warm.

