



## 10 Minute Brownies

 Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



200 kcal

DESSERT

### Ingredients

- 1 teaspoon double-acting baking powder
- 0.3 cup canola oil
- 0.8 cup walnut pieces
- 1 cup semi chocolate chips
- 0.8 cup sugar
- 1 cup unbleached flour
- 0.5 cup apple sauce unsweetened
- 1 teaspoon vanilla extract pure

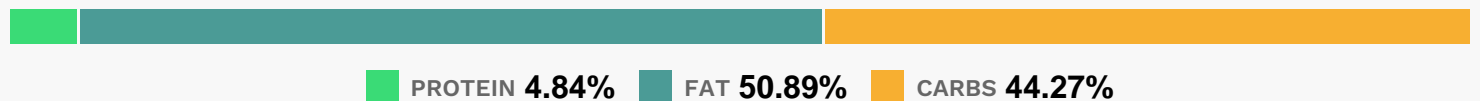
## Equipment

- bowl
- sauce pan
- oven
- baking pan

## Directions

- Preheat oven to 350 degrees F. Lightly oil a 6 x 9 inch baking pan and set aside. In a small saucepan over low heat, combine the oil and chocolate chips, stirring occasionally until melted.
- Remove from heat and set aside. To a large bowl, add the applesauce, sugar and vanilla. Blend well. Stir in the chocolate mixture. Whip and blend well.
- Add the flour, baking powder and walnuts, and mix just to combine. Spoon the batter into the baking pan.
- Bake for 25 to 30 minutes or until the top springs back when lightly touched. Be careful not to overbake the brownies or they will be dry.
- Let cool completely before cutting into squares. Store in a covered, airtight container in the refrigerator.

## Nutrition Facts



## Properties

Glycemic Index:15.57, Glycemic Load:10.36, Inflammation Score:-2, Nutrition Score:4.0065217391304%

## Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epicatechin: 0.41mg, Epicatechin: 0.41mg, Epicatechin: 0.41mg, Epicatechin: 0.41mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

## Nutrients (% of daily need)

Calories: 200.3kcal (10.01%), Fat: 11.55g (17.77%), Saturated Fat: 3.09g (19.32%), Carbohydrates: 22.62g (7.54%), Net Carbohydrates: 21.08g (7.66%), Sugar: 14.4g (16%), Cholesterol: 0.68mg (0.22%), Sodium: 28.16mg (1.22%),

Caffeine: 9.68mg (3.22%), Protein: 2.47g (4.94%), Manganese: 0.4mg (20.05%), Copper: 0.24mg (12.24%), Magnesium: 30.74mg (7.69%), Selenium: 4.39µg (6.28%), Phosphorus: 61.68mg (6.17%), Fiber: 1.54g (6.16%), Iron: 0.99mg (5.51%), Vitamin E: 0.76mg (5.07%), Zinc: 0.54mg (3.58%), Vitamin K: 3.52µg (3.35%), Potassium: 102.04mg (2.92%), Calcium: 28.64mg (2.86%), Folate: 8.18µg (2.05%), Vitamin B1: 0.03mg (2.04%), Vitamin B6: 0.04mg (1.91%), Vitamin B2: 0.02mg (1.34%), Vitamin B3: 0.24mg (1.21%), Vitamin B5: 0.1mg (1.02%)