



Almost Fat Free Fudge Brownies

 Popular

READY IN



40 min.

SERVINGS



6

CALORIES



310 kcal

DESSERT

Ingredients

- ☐ 0.8 cup all purpose flour
- ☐ 0.5 teaspoon baking soda
- ☐ 0.5 cup cocoa powder
- ☐ 1 cup yogurt plain fat free (I used)
- ☐ 0.5 cup granulated sugar
- ☐ 0.5 cup pecans or any other nuts optional) chopped
- ☐ 0.5 cup semi chocolate chips sweet
- ☐ 0.5 cup water

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ toothpicks
- ☐ aluminum foil
- ☐ microwave

Directions

- ☐ Preheat oven to 350F/180C for 15 minutes. Lightly grease an 8×8 inch square pan and line it with aluminum foil, with some extra foil hanging around the edges so that it is easy to lift the brownie. You wouldn't believe how much time saving and mess free is this simple step of lining with foil. In a large microwave bowl melt the chocolate chips. It took about 45 seconds for the chocolate to melt. Do not set the time all at once, melt it in increments of 15–20 seconds because the cooking time in microwave ovens differ from one to another. Use a whisk to stir the melted chocolate to see that its smooth.
- ☐ Let this stand for a minute or two. To the melted chocolate add the yogurt and sugar; mix until combined. Sift flour, cocoa powder, baking soda and nuts (if using) and stir until just combined. To this mixture add water and stir carefully until the batter comes together. This batter looked more like a cake batter. The original recipe mentions to bake the brownies between 20–25 minutes or until a toothpick inserted in the middle comes out clean. Mine actually took 32 minutes. So start with the minimum amount of time mentioned in the recipe and increase the time in small increments if it doesn't bake.
- ☐ Remove the pan from the oven and leave it on a cooling rack for 15 minutes. After 15 minutes carefully lift the foil and let the brownies cool completely before you can cut it. If you don't use the aluminum foil the cooling time will be much longer. You would have to leave it overnight too. I was able to cut it beautifully within 2 hours.

Nutrition Facts



Properties

Glycemic Index:25.85, Glycemic Load:20.3, Inflammation Score:-5, Nutrition Score:11.453478263772%

Flavonoids

Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg Catechin: 5.3mg, Catechin: 5.3mg, Catechin: 5.3mg, Catechin: 5.3mg Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg Epicatechin: 14.15mg, Epicatechin: 14.15mg, Epicatechin: 14.15mg, Epicatechin: 14.15mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 309.86kcal (15.49%), Fat: 13.55g (20.84%), Saturated Fat: 4.52g (28.22%), Carbohydrates: 44.93g (14.98%), Net Carbohydrates: 39.79g (14.47%), Sugar: 25.8g (28.67%), Cholesterol: 1.72mg (0.57%), Sodium: 127.11mg (5.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 29.38mg (9.79%), Protein: 7.11g (14.22%), Manganese: 0.99mg (49.59%), Copper: 0.6mg (30.04%), Magnesium: 84.55mg (21.14%), Fiber: 5.15g (20.58%), Phosphorus: 197.75mg (19.77%), Iron: 2.94mg (16.36%), Vitamin B1: 0.21mg (14.17%), Selenium: 9.5µg (13.57%), Vitamin B2: 0.21mg (12.49%), Zinc: 1.81mg (12.04%), Calcium: 109.19mg (10.92%), Potassium: 352.4mg (10.07%), Folate: 37.79µg (9.45%), Vitamin B3: 1.36mg (6.81%), Vitamin B5: 0.47mg (4.72%), Vitamin B12: 0.28µg (4.6%), Vitamin B6: 0.06mg (3.06%), Vitamin K: 1.71µg (1.62%), Vitamin E: 0.23mg (1.55%)