

Apple Brownies



Vegetarian



Popular

READY IN



60 min.

SERVINGS



12

CALORIES



231 kcal

DESSERT

Ingredients

- ☐ 3 medium apples cored peeled thinly sliced
- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.5 cup butter melted
- ☐ 1 eggs
- ☐ 1 cup flour all-purpose
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.3 teaspoon salt

- ☐ 0.5 cup walnuts chopped
- ☐ 1 cup sugar white

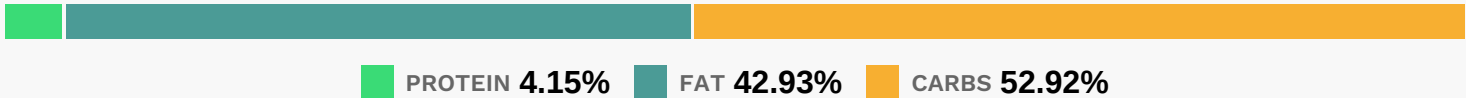
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ toothpicks

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease a 9x9 inch baking dish.
- ☐ In a large bowl, beat together the melted butter, sugar, and egg until fluffy. Fold in the apples and walnuts. In a separate bowl, sift together the flour, salt, baking powder, baking soda, and cinnamon. Stir the flour mixture into the wet mixture until just blended.
- ☐ Spread the batter evenly in the prepared baking dish.
- ☐ Bake 35 minutes in the preheated oven, or until a toothpick inserted in the center comes out clean.

Nutrition Facts



Properties

Glycemic Index:28.67, Glycemic Load:19.16, Inflammation Score:-3, Nutrition Score:4.1313043340393%

Flavonoids

Cyanidin: 0.85mg, Cyanidin: 0.85mg, Cyanidin: 0.85mg, Cyanidin: 0.85mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg

Nutrients (% of daily need)

Calories: 231.19kcal (11.56%), Fat: 11.43g (17.59%), Saturated Fat: 5.3g (33.15%), Carbohydrates: 31.71g (10.57%), Net Carbohydrates: 29.92g (10.88%), Sugar: 21.54g (23.94%), Cholesterol: 33.98mg (11.33%), Sodium: 178.68mg (7.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.48g (4.97%), Manganese: 0.28mg (14.22%), Selenium: 5.1µg (7.28%), Vitamin B1: 0.11mg (7.21%), Fiber: 1.79g (7.15%), Folate: 27.22µg (6.81%), Vitamin A: 282.2IU (5.64%), Vitamin B2: 0.09mg (5.52%), Copper: 0.11mg (5.46%), Phosphorus: 46.41mg (4.64%), Iron: 0.79mg (4.37%), Vitamin B3: 0.72mg (3.6%), Magnesium: 13.04mg (3.26%), Vitamin B6: 0.06mg (2.81%), Vitamin C: 2.16mg (2.62%), Potassium: 89.75mg (2.56%), Vitamin E: 0.38mg (2.56%), Calcium: 25.05mg (2.51%), Zinc: 0.3mg (2.02%), Vitamin K: 1.89µg (1.8%), Vitamin B5: 0.17mg (1.68%)