



Applesauce Brownies I

 Dairy Free

READY IN



45 min.

SERVINGS



36

CALORIES



111 kcal

DESSERT

Ingredients

- 2 cups apple sauce
- 1 teaspoon baking soda
- 2 eggs
- 2 cups flour all-purpose
- 1 teaspoon ground cinnamon
- 0.5 cup butter
- 1.5 teaspoons salt
- 1 cup semi chocolate chips

- 2 tablespoons cocoa powder unsweetened
- 1 cup walnuts chopped
- 2 tablespoons sugar white

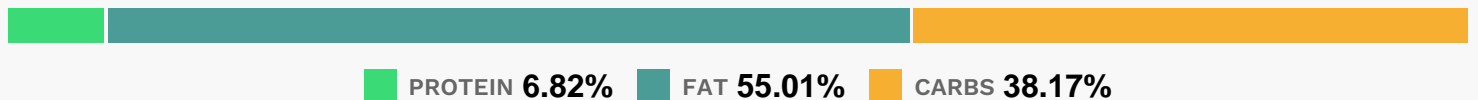
Equipment

- frying pan
- oven

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Cream 1 1/2 cups sugar and margarine.
- Add eggs. Sift cocoa, salt, baking soda, cinnamon and flour ingredients and add to sugar mixture, alternately with applesauce.
- Pour into 10-1/2 X 15-1/2 inch jelly roll pan.
- Combine 2 tablespoon sugar, 1 cup chocolate chips and 1 cup chopped nuts.
- Sprinkle over batter.
- Bake for 30 minutes.

Nutrition Facts



Properties

Glycemic Index:4.72, Glycemic Load:4.35, Inflammation Score:-2, Nutrition Score:3.0991304471441%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg Epicatechin: 1.28mg, Epicatechin: 1.28mg, Epicatechin: 1.28mg, Epicatechin: 1.28mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 110.68kcal (5.53%), Fat: 6.93g (10.66%), Saturated Fat: 1.94g (12.11%), Carbohydrates: 10.81g (3.6%), Net Carbohydrates: 9.73g (3.54%), Sugar: 3.89g (4.32%), Cholesterol: 9.39mg (3.13%), Sodium: 161.54mg (7.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 4.94mg (1.65%), Protein: 1.93g (3.87%), Manganese: 0.25mg

(12.46%), Copper: 0.14mg (7.02%), Selenium: 3.77µg (5.39%), Vitamin B1: 0.07mg (4.82%), Iron: 0.85mg (4.73%), Magnesium: 17.68mg (4.42%), Folate: 17.57µg (4.39%), Fiber: 1.09g (4.35%), Phosphorus: 40.06mg (4.01%), Vitamin B2: 0.06mg (3.46%), Vitamin A: 133.22IU (2.66%), Vitamin B3: 0.51mg (2.55%), Zinc: 0.34mg (2.25%), Potassium: 69.34mg (1.98%), Vitamin B6: 0.03mg (1.54%), Vitamin E: 0.2mg (1.35%), Calcium: 11.16mg (1.12%), Vitamin B5: 0.11mg (1.11%)