

Barley Flour Brownies

 Dairy Free

READY IN



55 min.

SERVINGS



16

CALORIES



149 kcal

DESSERT

Ingredients

- ☐ 0.8 teaspoon double-acting baking powder
- ☐ 0.8 cup barley flour whole
- ☐ 0.5 cup granulated sugar
- ☐ 0.5 cup brown sugar light packed
- ☐ 2 tablespoons margarine spread soft (I used Becel)
- ☐ 0.5 cup pecans chopped
- ☐ 0.5 cup pumpkin puree homemade (I used)
- ☐ 0.5 teaspoon salt

- ☐ 0.8 cup apple sauce unsweetened
- ☐ 3 ounces chocolate unsweetened
- ☐ 0.3 cup cocoa powder unsweetened
- ☐ 2 teaspoons vanilla extract
- ☐ 0.3 cup water

Equipment

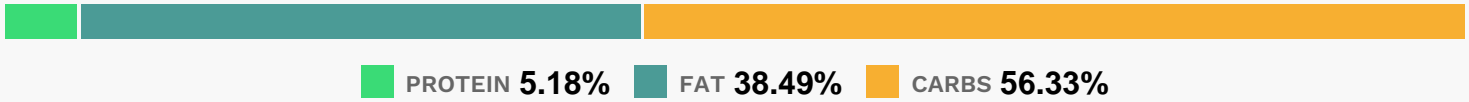
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ toothpicks
- ☐ wooden spoon
- ☐ aluminum foil
- ☐ microwave
- ☐ spatula

Directions

- ☐ Preheat the oven to 350F for 15 minutes. Coat and 8 inch square pan with cooking spray or line it with aluminum foil like me leaving enough foil hanging on both the sides so that lifting the brownies with the foil is easy and so is cutting the brownies too. Melt the chocolate and margarine in the microwave oven, in a large bowl. Take care while doing so or else the chocolate will get burnt. So increase the time little by little. Stir it well, it should be smooth. In the same bowl, combine the pumpkin puree, sugar, cocoa powder, vanilla and unsweetened applesauce and whisk it well. This mixture should be smooth and creamy. I found that this mixture was very stiff, so added 1/4 cup of water (pumpkin cooked water) too. Sift the barley flour over the liquid ingredients directly. Then stir the baking powder, chopped pecans and salt with a wooden spoon.
- ☐ Pour the batter into the prepared pan, smooth it out with a spatula and bake it for about 35-40 minutes. Mine was done after 38 minutes. Brownies should spring back when touched or simply do the toothpick test. Cool completely in the pan on a wire rack. Since I lined the pan

with aluminum foil I lifted it after an hour and I cooled it on a wire rack. After another 2 hours I was able to cut them into neat squares without any trouble. If baking it directly in the pan, it will take some more (actually a lot more) time for the brownies to cool completely and getting neat pieces will also be difficult.

Nutrition Facts



Properties

Glycemic Index:15.53, Glycemic Load:7.84, Inflammation Score:-7, Nutrition Score:6.0304348247693%

Flavonoids

Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg Catechin: 4.62mg, Catechin: 4.62mg, Catechin: 4.62mg, Catechin: 4.62mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 10.83mg, Epicatechin: 10.83mg, Epicatechin: 10.83mg, Epicatechin: 10.83mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 148.88kcal (7.44%), Fat: 6.99g (10.75%), Saturated Fat: 2.37g (14.79%), Carbohydrates: 23.02g (7.67%), Net Carbohydrates: 20.26g (7.37%), Sugar: 14.56g (16.18%), Cholesterol: 0mg (0%), Sodium: 113.71mg (4.94%), Alcohol: 0.17g (100%), Alcohol %: 0.39% (100%), Caffeine: 7.34mg (2.45%), Protein: 2.12g (4.24%), Manganese: 0.52mg (25.92%), Vitamin A: 1259.36IU (25.19%), Copper: 0.3mg (15.17%), Fiber: 2.76g (11.02%), Magnesium: 37.79mg (9.45%), Iron: 1.59mg (8.84%), Phosphorus: 69.16mg (6.92%), Zinc: 0.92mg (6.11%), Selenium: 3.55µg (5.08%), Vitamin B1: 0.06mg (4.14%), Potassium: 134.98mg (3.86%), Calcium: 31.66mg (3.17%), Vitamin B3: 0.62mg (3.12%), Vitamin B6: 0.05mg (2.41%), Vitamin K: 2.1µg (2%), Vitamin B2: 0.03mg (1.81%), Vitamin E: 0.26mg (1.76%), Folate: 4.57µg (1.14%)