

## Better Brownies

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



15

CALORIES



115 kcal

DESSERT

### Ingredients

- 1 teaspoon double-acting baking powder
- 0.8 cup cocoa powder
- 1 cup flour all-purpose
- 0.8 cup soy milk
- 0.3 cup stevia powder
- 1 cup sugar
- 1 teaspoon vanilla
- 0.7 cup vegetable oil

0.3 cup water

## Equipment

bowl

frying pan

oven

## Directions

Preheat an oven to 350 degrees F (175 degrees C). Grease a 9x13 inch pan.

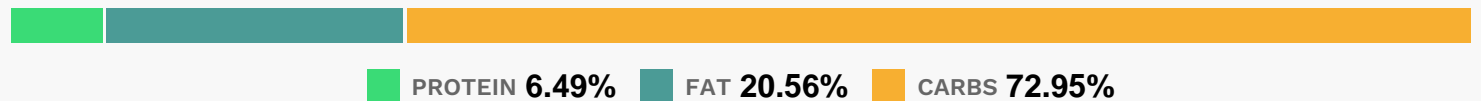
Mix the cocoa powder, vegetable oil, and water together in a bowl. Stir the stevia and sugar into the mixture.

Pour the soy milk and vanilla into the mixture and stir.

Add the flour and baking powder; continue stirring until the batter is smooth.

Bake in the preheated oven until the top is dry and the edges have started to pull away from the sides of the pan, about 35 minutes.

## Nutrition Facts



## Properties

Glycemic Index:18.03, Glycemic Load:14.1, Inflammation Score:-2, Nutrition Score:4.03130432704222

## Flavonoids

Catechin: 2.79mg, Catechin: 2.79mg, Catechin: 2.79mg, Catechin: 2.79mg Epicatechin: 8.45mg, Epicatechin: 8.45mg, Epicatechin: 8.45mg, Epicatechin: 8.45mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

## Nutrients (% of daily need)

Calories: 114.82kcal (5.74%), Fat: 2.89g (4.44%), Saturated Fat: 0.68g (4.25%), Carbohydrates: 23.04g (7.68%), Net Carbohydrates: 21.18g (7.7%), Sugar: 13.74g (15.26%), Cholesterol: 0mg (0%), Sodium: 35.59mg (1.55%), Alcohol: 0.09g (100%), Alcohol %: 0.22% (100%), Caffeine: 9.89mg (3.3%), Protein: 2.05g (4.1%), Manganese: 0.22mg (11.15%), Copper: 0.19mg (9.56%), Fiber: 1.86g (7.45%), Iron: 1.08mg (5.99%), Magnesium: 23.43mg (5.86%), Selenium: 3.79µg (5.42%), Folate: 20.4µg (5.1%), Vitamin B1: 0.08mg (5.07%), Vitamin B3: 0.98mg (4.88%), Phosphorus: 46.42mg (4.64%), Vitamin B2: 0.08mg (4.58%), Calcium: 39.22mg (3.92%), Vitamin K: 3.7µg (3.52%),

Vitamin E: 0.47mg (3.1%), Potassium: 91.63mg (2.62%), Zinc: 0.38mg (2.54%), Vitamin B12: 0.13µg (2.12%), Vitamin B6: 0.04mg (1.82%), Vitamin C: 0.85mg (1.03%)