



Black-Forest Brownies

 Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



146 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon almond extract
- ☐ 0.3 teaspoon double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 0.3 cup candied cherries coarsely chopped
- ☐ 1 large eggs
- ☐ 1 large egg white
- ☐ 0.8 cup flour all-purpose
- ☐ 1 cup granulated sugar

- ☐ 0.5 cup powdered sugar sifted
- ☐ 0.1 teaspoon salt
- ☐ 0.3 cup stick margarine melted
- ☐ 0.7 cup cocoa unsweetened
- ☐ 1 teaspoon vanilla extract
- ☐ 3 tablespoons walnuts coarsely chopped
- ☐ 1.8 teaspoons water hot
- ☐ 2 tablespoons water

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ baking pan
- ☐ measuring cup

Directions

- ☐ Preheat oven to 350°F.
- ☐ To prepare the brownies, coat the bottom of an 8-inch square baking pan with cooking spray (do not coat the sides of the pan).
- ☐ Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour, baking powder, baking soda, and salt in a medium bowl.
- ☐ Combine granulated sugar and next 6 ingredients (granulated sugar through egg white); stir well with a whisk.
- ☐ Add to flour mixture; stir just until moist. Stir in cherries and walnuts.
- ☐ Spread batter in bottom of prepared pan.

- ☐
- Bake at 350 for 35 minutes or until a wooden pick inserted in the center of the brownies comes out almost clean. Cool on a wire rack.
- ☐
- To prepare the glaze, combine the powdered sugar, almond extract, and 1 3/4 teaspoons water in a small bowl.
- ☐
- Drizzle the glaze over the brownies, and let stand for 15 minutes.

Nutrition Facts



Properties

Glycemic Index:16.07, Glycemic Load:12, Inflammation Score:-3, Nutrition Score:3.3282608898438%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Catechin: 2.32mg, Catechin: 2.32mg, Catechin: 2.32mg, Catechin: 2.32mg Epicatechin: 7.04mg, Epicatechin: 7.04mg, Epicatechin: 7.04mg, Epicatechin: 7.04mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 145.76kcal (7.29%), Fat: 5.1g (7.84%), Saturated Fat: 1.13g (7.05%), Carbohydrates: 25.13g (8.38%), Net Carbohydrates: 23.49g (8.54%), Sugar: 17.57g (19.52%), Cholesterol: 11.63mg (3.88%), Sodium: 85.87mg (3.73%), Alcohol: 0.11g (100%), Alcohol %: 0.32% (100%), Caffeine: 8.24mg (2.75%), Protein: 2.25g (4.51%), Manganese: 0.24mg (12.2%), Copper: 0.18mg (8.93%), Fiber: 1.63g (6.53%), Selenium: 4.06µg (5.8%), Magnesium: 22.92mg (5.73%), Iron: 0.9mg (4.98%), Phosphorus: 47.85mg (4.79%), Vitamin B2: 0.07mg (4.03%), Folate: 15.3µg (3.82%), Vitamin B1: 0.06mg (3.79%), Vitamin A: 149.48IU (2.99%), Zinc: 0.39mg (2.57%), Vitamin B3: 0.45mg (2.26%), Potassium: 79.04mg (2.26%), Calcium: 14.26mg (1.43%), Vitamin B6: 0.02mg (1.14%), Vitamin E: 0.17mg (1.12%)