



Blissful Brownies

 Vegetarian  Dairy Free

READY IN



35 min.

SERVINGS



35

CALORIES



107 kcal

DESSERT

Ingredients

- 4 oz baker's chocolate unsweetened melted
- 0.3 cup canola oil
- 8 egg whites
- 1 cup flour
- 0.5 cup planters pecans chopped
- 2 cups sugar
- 0.3 cup apple sauce unsweetened
- 1 tsp vanilla

Equipment

- bowl
- frying pan
- oven
- toothpicks
- aluminum foil

Directions

- Heat oven to 350F.
- Line 13x9-inch pan with foil, with ends of foil extending over sides. Spray with cooking spray.
- Mix first 4 ingredients in large bowl. Stir in sugar and egg whites.
- Add flour and nuts; mix well.
- Pour into prepared pan.
- Bake 25 min. or until toothpick inserted in center comes out with fudgy crumbs. (Do not overbake.) Cool completely. Use foil handles to lift brownies from pan before cutting to serve.

Nutrition Facts



Properties

Glycemic Index:4.43, Glycemic Load:9.96, Inflammation Score:-1, Nutrition Score:2.3900000074797%

Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg Catechin: 2.2mg, Catechin: 2.2mg, Catechin: 2.2mg, Catechin: 2.2mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 4.73mg, Epicatechin: 4.73mg, Epicatechin: 4.73mg, Epicatechin: 4.73mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 106.75kcal (5.34%), Fat: 4.93g (7.59%), Saturated Fat: 1.3g (8.11%), Carbohydrates: 15.6g (5.2%), Net Carbohydrates: 14.8g (5.38%), Sugar: 11.78g (13.09%), Cholesterol: 0mg (0%), Sodium: 12.4mg (0.54%), Alcohol: 0.04g (100%), Alcohol %: 0.17% (100%), Protein: 1.67g (3.34%), Manganese: 0.23mg (11.25%), Copper: 0.13mg (6.5%), Iron: 0.78mg (4.34%), Selenium: 2.97µg (4.25%), Magnesium: 13.93mg (3.48%), Vitamin B2: 0.06mg (3.28%), Fiber: 0.8g (3.18%), Vitamin B1: 0.04mg (2.87%), Vitamin E: 0.41mg (2.75%), Zinc: 0.41mg (2.7%), Phosphorus: 21.89mg (2.19%), Folate: 8.1µg (2.02%), Vitamin K: 1.91µg (1.82%), Potassium: 49.81mg (1.42%), Vitamin B3: 0.28mg (1.4%)