



## Brown Sugar Brownies

 Vegetarian

READY IN



45 min.

SERVINGS



20

CALORIES



136 kcal

DESSERT

### Ingredients

- 1 teaspoon double-acting baking powder
- 1 cup brown sugar packed
- 0.5 cup butter softened
- 1 eggs
- 1.3 cups flour all-purpose sifted
- 0.5 teaspoon salt
- 1 teaspoon vanilla extract
- 0.5 cup walnut pieces chopped

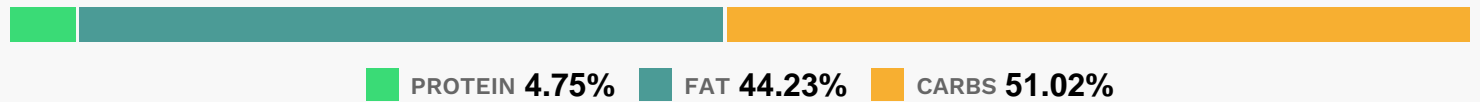
## Equipment

- bowl
- frying pan
- oven
- knife

## Directions

- Pre-heat oven to 350 degrees F (175 degrees C). Lightly grease a 9 x 9 x 1-3/4 inch pan.
- Sift together flour, baking powder and salt and set aside. In large bowl, beat together butter, sugar, egg and vanilla until smooth.
- Stir in the flour mixture and the nuts until well blended.
- Spread evenly in prepared pan.
- Bake 25-30 minutes or until surface springs back when gently pressed. Cool slightly. While still warm, cut into bars with a sharp knife.

## Nutrition Facts



## Properties

Glycemic Index:11.85, Glycemic Load:4.69, Inflammation Score:-2, Nutrition Score:2.4513043704564%

## Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg

## Nutrients (% of daily need)

Calories: 135.78kcal (6.79%), Fat: 6.8g (10.46%), Saturated Fat: 3.18g (19.86%), Carbohydrates: 17.65g (5.88%), Net Carbohydrates: 17.23g (6.27%), Sugar: 10.81g (12.01%), Cholesterol: 20.39mg (6.8%), Sodium: 122.27mg (5.32%), Alcohol: 0.07g (100%), Alcohol %: 0.28% (100%), Protein: 1.64g (3.29%), Manganese: 0.17mg (8.25%), Selenium: 3.83µg (5.48%), Vitamin B1: 0.08mg (5.11%), Folate: 19.43µg (4.86%), Iron: 0.61mg (3.4%), Vitamin B2: 0.06mg (3.4%), Copper: 0.07mg (3.27%), Vitamin A: 154.28IU (3.09%), Phosphorus: 29.67mg (2.97%), Calcium: 27.65mg (2.77%), Vitamin B3: 0.54mg (2.71%), Magnesium: 7.9mg (1.98%), Fiber: 0.42g (1.69%), Vitamin B6: 0.03mg (1.39%), Zinc: 0.19mg (1.24%), Vitamin E: 0.18mg (1.2%), Potassium: 41.19mg (1.18%), Vitamin B5: 0.11mg (1.08%)