



Brownie Bark

 Popular

READY IN



35 min.

SERVINGS



8

CALORIES



208 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon double-acting baking powder
- ☐ 1.5 tablespoon hershey's cocoa powder dark
- ☐ 0.5 cup chocolate chips dark plus a couple of tablespoons extra
- ☐ 2 large egg whites
- ☐ 0.5 cup flour — make sure to aerate and stir before measuring all-purpose
- ☐ 0.5 cup granulated sugar plus
- ☐ 1 tablespoons nonfat milk powder dry
- ☐ 0.3 teaspoon salt

- ☐ 0.3 teaspoon vanilla
- ☐ 0.3 cup vegetable oil

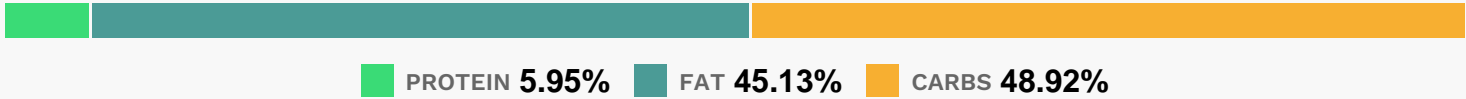
Equipment

- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ mixing bowl
- ☐ aluminum foil
- ☐ pizza cutter

Directions

- ☐ Preheat the oven to 325 degrees F. Line a heavy duty 13×18 inch baking sheet with nonstick foil or parchment paper. In a mixing bowl, whisk the egg whites until foamy. Gradually whisk in the sugar, then whisk in the cocoa powder, oil and vanilla until smooth.
- ☐ Whisk in the salt and baking powder (making sure the baking powder doesn't clump), then whisk in the nonfat milk powder.
- ☐ Add the flour and stir until smooth, then stir in ½ cup of the chocolate chips. Empty batter onto the lined cookie sheet and spread as thinly as possible using the back of a spoon or scraper.
- ☐ Sprinkle a few more chocolate chips into areas where they did not clump together (the chips tend to congregate). Remember to try to make the bark as thin as possible.
- ☐ Bake on center rack for 20 minutes.
- ☐ Remove from oven. With a pizza cutter or knife, cut into pieces without separating – you want shards, similar to what you'd get if making peanut brittle. Return to oven for 5 minutes.
- ☐ Remove from oven and let cool completely. Pull apart. At this point, it should be completely crisp. If you are left with a few thick, chewy, pieces, return them to the oven and bake at 250 for 20 minutes, then re-cool. If your batter is thin enough the first time, you should not need the second bake.

Nutrition Facts



Properties

Glycemic Index:29.64, Glycemic Load:13.07, Inflammation Score:-1, Nutrition Score:3.7826086917649%

Flavonoids

Catechin: 0.61mg, Catechin: 0.61mg, Catechin: 0.61mg, Catechin: 0.61mg Epicatechin: 1.84mg, Epicatechin: 1.84mg, Epicatechin: 1.84mg, Epicatechin: 1.84mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 207.78kcal (10.39%), Fat: 10.61g (16.33%), Saturated Fat: 4.39g (27.46%), Carbohydrates: 25.89g (8.63%), Net Carbohydrates: 24.9g (9.05%), Sugar: 16.91g (18.79%), Cholesterol: 0.3mg (0.1%), Sodium: 117.16mg (5.09%), Alcohol: 0.04g (100%), Alcohol %: 0.11% (100%), Protein: 3.15g (6.29%), Vitamin K: 13.44µg (12.8%), Selenium: 5.35µg (7.64%), Vitamin B2: 0.11mg (6.71%), Calcium: 56.38mg (5.64%), Manganese: 0.11mg (5.35%), Vitamin B1: 0.08mg (5.17%), Vitamin E: 0.74mg (4.93%), Folate: 17.76µg (4.44%), Phosphorus: 42.55mg (4.26%), Fiber: 0.99g (3.94%), Iron: 0.67mg (3.72%), Zinc: 0.56mg (3.72%), Potassium: 124.53mg (3.56%), Copper: 0.07mg (3.53%), Magnesium: 12.44mg (3.11%), Vitamin B3: 0.62mg (3.08%), Vitamin B5: 0.17mg (1.7%), Vitamin B12: 0.08µg (1.28%), Vitamin B6: 0.02mg (1.15%)