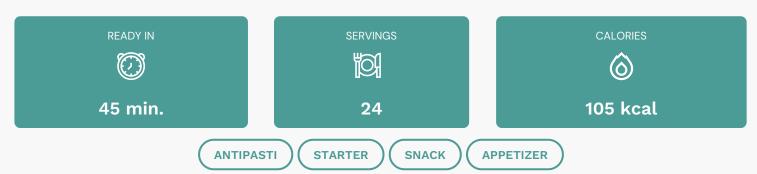




Dairy Free



Ingredients

- 0.3 cup apple sauce
- 3 tablespoons bourbon
- 16.7 ounce brownie mix (such as Duncan Hines)
- 0.3 cup egg substitute
- 0.3 cup walnut pieces toasted finely chopped
 - 1 tablespoon water

Equipment

food processor

	frying pan
	oven
	wire rack
	baking pan
Di	rections
	Preheat oven to 35
	Combine first 4 ingredients (including fudge packet from mix), stirring well.
	Spread into an 8-inch square baking pan coated with cooking spray.
	Bake at 350 for 30 minutes or until a wooden pick inserted near edge of pan comes out clean. Cool in pan on a wire rack.
	Crumble brownies; place in a food processor.
	Add bourbon; process until mixture forms a ball (about 30 seconds).
	Shape brownie mixture into 24 balls, about 1 1/2 tablespoons each.
	Place nuts in a shallow bowl.
	Roll balls in nuts, pressing gently to coat.
	Note: Store balls in an airtight container at room temperature for up to three days.

Nutrition Facts

PROTEIN 5.73% 📕 FAT 30.66% 📒 CARBS 63.61%

Properties

bowl

Glycemic Index:1.46, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:0.74782608141718%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 104.58kcal (5.23%), Fat: 3.45g (5.31%), Saturated Fat: 0.61g (3.84%), Carbohydrates: 16.1g (5.37%), Net Carbohydrates: 15.96g (5.8%), Sugar: 10.19g (11.33%), Cholesterol: Omg (0%), Sodium: 62.73mg (2.73%), Alcohol: 0.63g (100%), Alcohol %: 2.67% (100%), Protein: 1.45g (2.9%), Iron: 0.66mg (3.66%), Manganese: 0.06mg (2.84%), Selenium: 1.12µg (1.6%), Copper: 0.03mg (1.39%)