



## Brownie Mix

 Dairy Free

READY IN



5 min.

SERVINGS



100

CALORIES



121 kcal

DESSERT

### Ingredients

- 2.5 cups cocoa powder
- 4 teaspoons double-acting baking powder
- 4 cups flour all-purpose
- 4 teaspoons salt
- 2 cups shortening
- 8 cups sugar

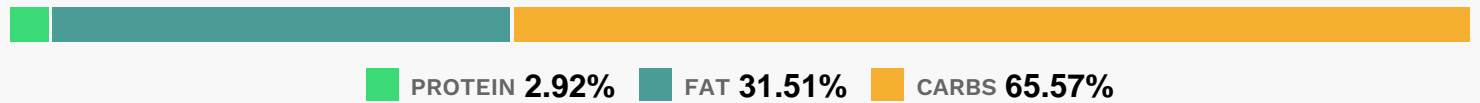
### Equipment

- bowl

## Directions

- In a large bowl, combine the sugar, flour, cocoa, baking powder and salt.
- Cut in shortening until the mixture resembles coarse crumbs. Store in an airtight container in a cool dry place for up to 6 months.
- Brownie
- Mix may be used to prepare the following recipes (also found in Recipe Finder): Fudge Sauce, Walnut Brownies, Brownie Crinkles and Brownie Snack Cake.

## Nutrition Facts



## Properties

Glycemic Index:2.37, Glycemic Load:13.97, Inflammation Score:-1, Nutrition Score:1.8608695650878%

## Flavonoids

Catechin: 1.39mg, Catechin: 1.39mg, Catechin: 1.39mg, Catechin: 1.39mg Epicatechin: 4.22mg, Epicatechin: 4.22mg, Epicatechin: 4.22mg, Epicatechin: 4.22mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

## Nutrients (% of daily need)

Calories: 121.03kcal (6.05%), Fat: 4.49g (6.91%), Saturated Fat: 1.21g (7.54%), Carbohydrates: 21.04g (7.01%), Net Carbohydrates: 20.11g (7.31%), Sugar: 16.02g (17.8%), Cholesterol: 0mg (0%), Sodium: 110.85mg (4.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 4.95mg (1.65%), Protein: 0.94g (1.88%), Manganese: 0.12mg (5.87%), Copper: 0.09mg (4.49%), Fiber: 0.93g (3.72%), Iron: 0.56mg (3.11%), Selenium: 2.1µg (3%), Magnesium: 11.87mg (2.97%), Vitamin B1: 0.04mg (2.78%), Phosphorus: 24.69mg (2.47%), Folate: 9.84µg (2.46%), Vitamin K: 2.25µg (2.14%), Vitamin B2: 0.03mg (1.94%), Vitamin B3: 0.34mg (1.71%), Vitamin E: 0.26mg (1.71%), Calcium: 13.16mg (1.32%), Zinc: 0.18mg (1.22%), Potassium: 38.4mg (1.1%)