



Brownie Nut Bites



Vegetarian



Dairy Free

READY IN



40 min.

SERVINGS



24

CALORIES



99 kcal

DESSERT

Ingredients

- ☐ 10.3 oz brownie mix
- ☐ 0.3 cup canola oil
- ☐ 2 tablespoons water
- ☐ 1 eggs
- ☐ 0.5 cup walnut pieces chopped

Equipment

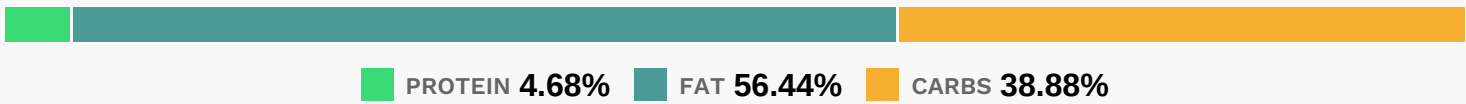
- ☐ bowl
- ☐ oven

- ☐ toothpicks
- ☐ muffin liners
- ☐ muffin tray

Directions

- ☐ Heat oven to 325°F.
- ☐ Place mini paper baking cup in each of 24 mini muffin cups.
- ☐ In medium bowl, stir together brownie mix, oil, water and egg until smooth. Fold in nuts. Divide batter evenly among muffin cups.
- ☐ Bake 18 to 22 minutes or until toothpick inserted in center comes out almost clean. Cool 5 to 10 minutes; remove from muffin pan cups.

Nutrition Facts



Properties

Glycemic Index:0.83, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:1.0521739160885%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg

Nutrients (% of daily need)

Calories: 99.46kcal (4.97%), Fat: 6.34g (9.75%), Saturated Fat: 0.75g (4.7%), Carbohydrates: 9.83g (3.28%), Net Carbohydrates: 9.66g (3.51%), Sugar: 6.08g (6.75%), Cholesterol: 6.82mg (2.27%), Sodium: 38.07mg (1.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.18g (2.37%), Manganese: 0.08mg (4.19%), Vitamin E: 0.58mg (3.87%), Iron: 0.44mg (2.46%), Vitamin K: 2.29µg (2.18%), Copper: 0.04mg (2.01%), Phosphorus: 12.06mg (1.21%), Magnesium: 4.08mg (1.02%)