



Can't Tell They're Low-fat Brownies

 Vegetarian  Dairy Free

READY IN



40 min.

SERVINGS



8

CALORIES



214 kcal

DESSERT

Ingredients

- 2 eggs
- 0.5 cup flour all-purpose
- 4 ounce prunes baby food pureed
- 0.1 teaspoon salt
- 6 tablespoons cocoa powder unsweetened
- 0.5 teaspoon vanilla extract
- 2 tablespoons vegetable oil
- 1 cup sugar white

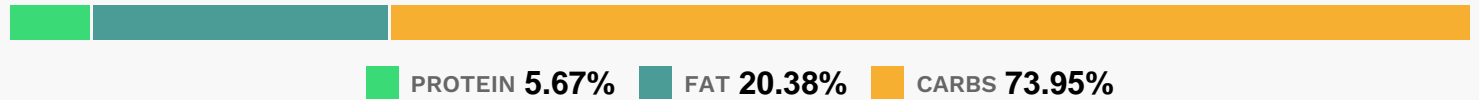
Equipment

- bowl
- frying pan
- oven
- toothpicks

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease an 8x8 inch square pan.
- In a medium bowl, stir together flour, cocoa, sugar, and salt.
- Pour in oil, vanilla, prunes, and eggs.
- Mix until everything is well blended.
- Spread the batter evenly into the prepared pan.
- Bake for 30 minutes in the preheated oven, or until top is shiny and a toothpick inserted into the center comes out clean.

Nutrition Facts



Properties

Glycemic Index:21.76, Glycemic Load:24.1, Inflammation Score:-3, Nutrition Score:5.428260859264%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 2.43mg, Catechin: 2.43mg, Catechin: 2.43mg, Catechin: 2.43mg Epicatechin: 7.37mg, Epicatechin: 7.37mg, Epicatechin: 7.37mg, Epicatechin: 7.37mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

Nutrients (% of daily need)

Calories: 213.76kcal (10.69%), Fat: 5.17g (7.95%), Saturated Fat: 1.19g (7.44%), Carbohydrates: 42.2g (14.07%), Net Carbohydrates: 39.6g (14.4%), Sugar: 30.51g (33.9%), Cholesterol: 40.92mg (13.64%), Sodium: 53.46mg (2.32%), Alcohol: 0.09g (100%), Alcohol %: 0.17% (100%), Caffeine: 8.63mg (2.88%), Protein: 3.24g (6.47%), Vitamin K: 14.84µg (14.13%), Manganese: 0.24mg (12.22%), Fiber: 2.6g (10.42%), Copper: 0.2mg (10.15%), Selenium: 6.75µg

(9.65%), Vitamin B2: 0.13mg (7.6%), Magnesium: 27.59mg (6.9%), Iron: 1.22mg (6.79%), Phosphorus: 67.54mg (6.75%), Folate: 21.23µg (5.31%), Potassium: 185.18mg (5.29%), Vitamin B1: 0.08mg (5.06%), Vitamin B3: 0.82mg (4.09%), Zinc: 0.52mg (3.45%), Vitamin A: 170.1IU (3.4%), Vitamin E: 0.46mg (3.09%), Vitamin B6: 0.06mg (2.78%), Vitamin B5: 0.27mg (2.72%), Calcium: 18.53mg (1.85%), Vitamin B12: 0.1µg (1.63%), Vitamin D: 0.22µg (1.47%)