



Chewy Coffee Brownies

 Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



155 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 1.5 cups firmly brown sugar dark packed
- ☐ 1 eggs
- ☐ 2 egg whites
- ☐ 2 cups flour all-purpose
- ☐ 2.5 tablespoons coffee granules instant
- ☐ 0.5 cup butter reduced-calorie
- ☐ 0.1 teaspoon salt

- ☐ 0.5 cup semisweet chocolate morsels
- ☐ 1 tablespoon vanilla extract

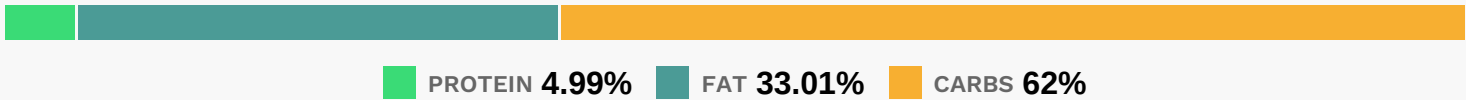
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ blender
- ☐ baking pan

Directions

- ☐ Combine sugar, margarine, and coffee granules in a small saucepan.
- ☐ Place over low heat; cook for 4 minutes or until margarine melts and the mixture is smooth, stirring frequently.
- ☐ Combine sugar mixture, vanilla, egg whites, and egg; beat at low speed of a mixer until smooth.
- ☐ Combine flour, baking powder, and salt; gradually add to creamed mixture, beating well. Stir in chocolate morsels.
- ☐ Spread batter into a 13 x 9-inch baking pan coated with cooking spray.
- ☐ Bake at 350 for 18 minutes; let cool in pan.

Nutrition Facts



Properties

Glycemic Index:6.96, Glycemic Load:5.84, Inflammation Score:-2, Nutrition Score:2.9021739309411%

Nutrients (% of daily need)

Calories: 154.81kcal (7.74%), Fat: 5.69g (8.75%), Saturated Fat: 1.72g (10.77%), Carbohydrates: 24.03g (8.01%), Net Carbohydrates: 23.45g (8.53%), Sugar: 14.84g (16.48%), Cholesterol: 7.05mg (2.35%), Sodium: 105.35mg (4.58%), Alcohol: 0.19g (100%), Alcohol %: 0.61% (100%), Caffeine: 19.58mg (6.53%), Protein: 1.93g (3.87%), Selenium: 5.14µg

(7.34%), Manganese: 0.14mg (7.03%), Vitamin B1: 0.08mg (5.63%), Iron: 0.91mg (5.07%), Folate: 20.21µg (5.05%), Vitamin B2: 0.08mg (4.43%), Vitamin B3: 0.82mg (4.08%), Calcium: 38.37mg (3.84%), Vitamin A: 188.08IU (3.76%), Copper: 0.07mg (3.57%), Phosphorus: 35.6mg (3.56%), Magnesium: 12.63mg (3.16%), Fiber: 0.58g (2.33%), Potassium: 78.68mg (2.25%), Zinc: 0.2mg (1.36%), Vitamin E: 0.2mg (1.34%), Vitamin B5: 0.11mg (1.13%)