



Chewy Whole Wheat Peanut Butter Brownies

 Dairy Free

READY IN



55 min.

SERVINGS



16

CALORIES



223 kcal

DESSERT

Ingredients

- 1 teaspoon double-acting baking powder
- 0.3 teaspoon baking soda
- 0.5 cup brown sugar packed
- 2 eggs
- 0.3 cup flour all-purpose
- 0.3 cup butter softened
- 1 cup peanut butter
- 0.3 teaspoon salt

- 0.5 teaspoon vanilla extract
- 2 tablespoons water
- 0.7 cup sugar white
- 0.8 cup flour whole wheat

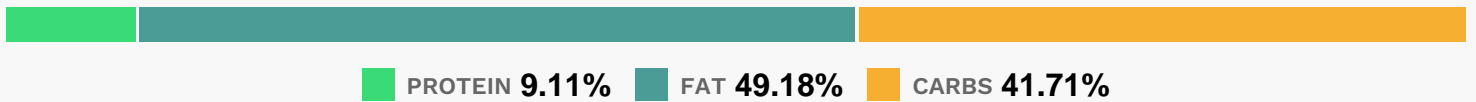
Equipment

- frying pan
- oven
- mixing bowl
- baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees Celsius). Grease a 9x9 inch baking pan.
- In a large mixing bowl, beat together margarine and sugars; add eggs one at a time, and beat until mixture is light and fluffy. Stir in peanut butter, vanilla, and water.
- In a separate mixing bowl, mix together flours with salt, baking powder, and baking soda. Stir into peanut butter mixture and blend well.
- Spread batter into the prepared pan.
- Bake in preheated oven for 30 to 35 minutes, or until the top springs back when touched. Cool and cut into 16 squares.

Nutrition Facts



Properties

Glycemic Index:15.69, Glycemic Load:7.35, Inflammation Score:-3, Nutrition Score:5.7521739340509%

Nutrients (% of daily need)

Calories: 223.07kcal (11.15%), Fat: 12.76g (19.63%), Saturated Fat: 2.62g (16.36%), Carbohydrates: 24.35g (8.12%), Net Carbohydrates: 22.92g (8.33%), Sugar: 16.74g (18.6%), Cholesterol: 20.46mg (6.82%), Sodium: 203.78mg (8.86%), Alcohol: 0.04g (100%), Alcohol %: 0.11% (100%), Protein: 5.32g (10.63%), Manganese: 0.49mg (24.26%),

Vitamin B3: 2.55mg (12.76%), Vitamin E: 1.71mg (11.43%), Selenium: 6.62µg (9.46%), Phosphorus: 94.59mg (9.46%), Magnesium: 36.91mg (9.23%), Fiber: 1.43g (5.72%), Folate: 22.62µg (5.65%), Vitamin B6: 0.11mg (5.4%), Copper: 0.1mg (5.09%), Vitamin B2: 0.08mg (4.61%), Vitamin B1: 0.07mg (4.57%), Zinc: 0.64mg (4.29%), Iron: 0.75mg (4.16%), Vitamin A: 199.37IU (3.99%), Potassium: 132.58mg (3.79%), Calcium: 35.18mg (3.52%), Vitamin B5: 0.31mg (3.11%)