



## Chocolate Chip Brownies

READY IN



45 min.

SERVINGS



35

CALORIES



97 kcal

DESSERT

### Ingredients

- 1 teaspoon double-acting baking powder
- 0.5 teaspoon baking soda
- 6 egg whites
- 1 cup flour all-purpose
- 1 tablespoon espresso granules instant
- 0.3 cup prune purée
- 0.5 teaspoon salt
- 0.7 cup semisweet chocolate morsels
- 0.3 cup skim milk

- 2 cups sugar
- 1.3 cups cocoa unsweetened
- 1 tablespoon vanilla extract
- 1 tablespoon vegetable oil

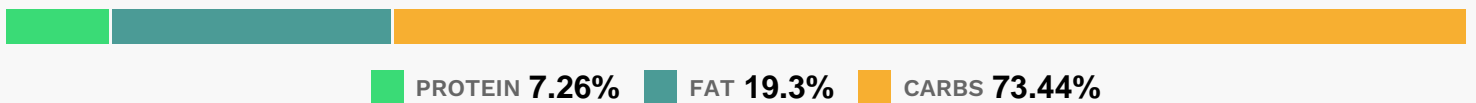
## Equipment

- bowl
- frying pan
- oven
- wire rack
- blender

## Directions

- Combine the first 5 ingredients; stir well, and set aside.
- Combine cocoa and next 4 ingredients (cocoa through salt); stir well, and set aside.
- Combine sugar and egg whites in a large bowl; beat at high speed of a mixer 3 minutes or until mixture resembles marshmallow creme.
- Add Prune Puree mixture; beat at low speed until well-blended.
- Sprinkle flour mixture over egg white mixture, and fold in. Fold in chocolate morsels.
- Spread batter evenly into a 15 x 10-inch jelly-roll pan coated with cooking spray.
- Bake at 325 for 25 minutes or until brownies spring back when touched lightly in center.
- Let cool completely in pan on a wire rack.
- Note: Substitute 2 tablespoons instant coffee granules for 1 tablespoon instant espresso granules, if desired.

## Nutrition Facts



## Properties

Glycemic Index:8.55, Glycemic Load:10.28, Inflammation Score:-2, Nutrition Score:2.9139130806307%

## Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 2.12mg, Catechin: 2.12mg, Catechin: 2.12mg, Catechin: 2.12mg Epicatechin: 6.44mg, Epicatechin: 6.44mg, Epicatechin: 6.44mg, Epicatechin: 6.44mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

## Nutrients (% of daily need)

Calories: 96.64kcal (4.83%), Fat: 2.24g (3.45%), Saturated Fat: 1.09g (6.79%), Carbohydrates: 19.17g (6.39%), Net Carbohydrates: 17.47g (6.35%), Sugar: 13.53g (15.04%), Cholesterol: 0.26mg (0.09%), Sodium: 71.56mg (3.11%), Alcohol: 0.13g (100%), Alcohol %: 0.52% (100%), Caffeine: 14.97mg (4.99%), Protein: 1.9g (3.79%), Manganese: 0.2mg (10.25%), Copper: 0.18mg (8.96%), Fiber: 1.7g (6.8%), Magnesium: 25.17mg (6.29%), Iron: 0.88mg (4.9%), Selenium: 3.12µg (4.46%), Phosphorus: 43.57mg (4.36%), Vitamin B2: 0.06mg (3.4%), Potassium: 102.36mg (2.92%), Zinc: 0.36mg (2.39%), Vitamin B1: 0.03mg (2.25%), Folate: 7.89µg (1.97%), Vitamin B3: 0.39mg (1.96%), Vitamin K: 2.04µg (1.95%), Calcium: 17.33mg (1.73%)