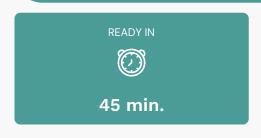


Dark Chocolate and Cherry Brownies







DESSERT

Ingredients

1 cup sugar

i teaspoon double-acting baking powder
5 tablespoons butter
0.3 cup smucker's cherry preserves
1 large eggs lightly beaten
1 large egg whites
0.8 cup flour all-purpose
0.8 teaspoon salt
0.3 cup semi chocolate chips

	0.8 cup cocoa powder unsweetened	
	0.3 cup water	
Equipment		
	bowl	
	frying pan	
	sauce pan	
	baking paper	
	oven	
	knife	
	whisk	
	wire rack	
	baking pan	
	measuring cup	
	. .	
Di	rections	
	Preheat oven to 35	
	Line a 9-inch square baking pan with parchment paper; coat with cooking spray.	
	Weigh or lightly spoon flour into dry measuring cups; level with a knife.	
	Combine flour, 1 cup sugar, unsweetened cocoa, baking powder, and salt in a large bowl; stir with a whisk.	
	Combine cherry preserves, 1/3 cup water, and butter in a small saucepan; bring to a boil.	
	Add preserves mixture to flour mixture; stir well.	
	Add egg and egg white; stir until smooth. Stir in semisweet chocolate chips. Scrape batter into prepared pan.	
	Bake at 350 for 25 minutes or until a wooden pick inserted in center comes out with a few moist crumbs. Cool in pan on wire rack.	
	Garnish with powdered sugar, if desired.	

Nutrition Facts

Properties

Glycemic Index:21.38, Glycemic Load:14.67, Inflammation Score:-3, Nutrition Score:3.8556521133236%

Flavonoids

Catechin: 2.61mg, Catechin: 2.61mg, Catechin: 2.61mg, Catechin: 2.61mg Epicatechin: 7.92mg, Epicatechin: 7.92mg, Epicatechin: 7.92mg, Epicatechin: 7.92mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Nutrients (% of daily need)

Calories: 157.09kcal (7.85%), Fat: 5.94g (9.14%), Saturated Fat: 3.51g (21.92%), Carbohydrates: 26.21g (8.74%), Net Carbohydrates: 24.18g (8.79%), Sugar: 17.4g (19.34%), Cholesterol: 21.26mg (7.09%), Sodium: 175.48mg (7.63%), Alcohol: Og (100%), Alcohol %: O% (100%), Caffeine: 12.5mg (4.17%), Protein: 2.31g (4.61%), Manganese: 0.25mg (12.45%), Copper: 0.22mg (10.98%), Fiber: 2.03g (8.11%), Magnesium: 29.1mg (7.27%), Iron: 1.2mg (6.64%), Selenium: 4.51µg (6.44%), Phosphorus: 60.04mg (6%), Vitamin B2: 0.07mg (4.3%), Folate: 14.47µg (3.62%), Vitamin B1: 0.05mg (3.54%), Zinc: 0.47mg (3.11%), Potassium: 103.31mg (2.95%), Calcium: 27.76mg (2.78%), Vitamin A: 128.08IU (2.56%), Vitamin B3: 0.47mg (2.37%), Vitamin E: 0.17mg (1.15%), Vitamin B5: 0.11mg (1.05%)