



## Dark Chocolate and Cherry Brownies

READY IN



45 min.

SERVINGS



16

CALORIES



157 kcal

DESSERT

### Ingredients

- ☐ 1 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
- ☐ 1 cup sugar

- ☐ 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

## Directions

- ☐ 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



 PROTEIN **5.51%**  FAT **31.91%**  CARBS **62.58%**

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 %: 0% (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%)