



De-'light'-ful Chocolate Brownies

 Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



85 kcal

DESSERT

Ingredients

- ☐ 0.5 cup apple sauce
- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 cup cake flour
- ☐ 3 tablespoons chocolate syrup
- ☐ 2 egg whites
- ☐ 1 cup flour all-purpose
- ☐ 0.3 cup cocoa powder unsweetened
- ☐ 0.5 cup sugar white

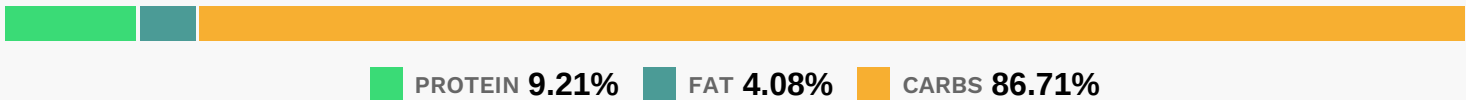
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 325 degrees F (165 degrees C).
- ☐ Combine the applesauce, egg whites, chocolate syrup and sugar. Blend in the flours, cocoa and baking powder.
- ☐ Mix until the batter is smooth.
- ☐ Pour the batter into one 13x9 inch pan.
- ☐ Bake at 325 F (165 degrees C) for 20 to 25 minutes.

Nutrition Facts



Properties

Glycemic Index:19.01, Glycemic Load:10.57, Inflammation Score:-1, Nutrition Score:2.4304348126702%

Flavonoids

Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg Epicatechin: 3.05mg, Epicatechin: 3.05mg, Epicatechin: 3.05mg, Epicatechin: 3.05mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 85.41kcal (4.27%), Fat: 0.4g (0.62%), Saturated Fat: 0.15g (0.94%), Carbohydrates: 19.2g (6.4%), Net Carbohydrates: 18.21g (6.62%), Sugar: 8.9g (9.89%), Cholesterol: 0mg (0%), Sodium: 36.16mg (1.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 3.32mg (1.11%), Protein: 2.04g (4.08%), Manganese: 0.15mg (7.63%), Selenium: 5.25µg (7.51%), Copper: 0.09mg (4.59%), Vitamin B1: 0.07mg (4.53%), Folate: 16.47µg (4.12%), Iron: 0.71mg (3.97%), Fiber: 0.98g (3.93%), Vitamin B2: 0.07mg (3.88%), Phosphorus: 33.35mg (3.33%), Magnesium: 12.55mg (3.14%), Vitamin B3: 0.55mg (2.76%), Calcium: 19.32mg (1.93%), Potassium: 53.02mg (1.51%), Zinc: 0.21mg (1.41%)