



Double-Chocolate Brownies

READY IN



90 min.

SERVINGS



16

CALORIES



114 kcal

DESSERT

Ingredients

- 3 tablespoons canola oil
- 0.5 cup dutch-processed cocoa powder unsweetened
- 2 large egg whites
- 0.5 cup flour all-purpose
- 0.3 cup yogurt plain greek-style
- 0.5 teaspoon salt
- 0.3 cup semisweet chocolate chips mini
- 0.8 cup sugar
- 1 teaspoon vanilla extract pure

Equipment

- bowl
- frying pan
- sauce pan
- oven
- knife
- whisk
- baking pan
- aluminum foil

Directions

- Preheat the oven to 350°F with a rack in the center position. Coat a 9-inch square baking pan with pan spray. In a small bowl, whisk together the flour and salt; set aside.
- Heat the oil in a medium saucepan over medium heat just until warm. Use a whisk to stir in the sugar until it is evenly moistened.
- Add the yogurt and vanilla, and stir until thoroughly combined. Stir in the cocoa powder, several tablespoons at a time, to make a thick, dark paste. In a small clean bowl and using a clean whisk, beat the egg whites just until they are very thick and foamy.
- Whisk the whites into the chocolate mixture just to combine. Fold in the flour mixture until streaky, then fold in the chocolate chips just until combined.
- Spread the batter evenly in the prepared pan.
- Bake for 15 minutes, or until the top has formed a crust and a knife inserted into the center still comes out with wet crumbs on it.
- Cut the brownies into 4 even strips one way, then 4 the other, to make 16 brownies. Store any leftover brownies at room temperature, tightly wrapped in plastic film, for up to 4 days, or overwrap with foil and freeze for up to 2 weeks. Thaw individual frozen brownies at room temperature.

Nutrition Facts



■ PROTEIN 6.57% ■ FAT 37.17% ■ CARBS 56.26%

Properties

Glycemic Index:9.07, Glycemic Load:8.7, Inflammation Score:-2, Nutrition Score:3.0039130562673%

Flavonoids

Catechin: 1.74mg, Catechin: 1.74mg, Catechin: 1.74mg, Catechin: 1.74mg Epicatechin: 5.28mg, Epicatechin: 5.28mg, Epicatechin: 5.28mg, Epicatechin: 5.28mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 113.91kcal (5.7%), Fat: 4.97g (7.64%), Saturated Fat: 1.51g (9.42%), Carbohydrates: 16.91g (5.64%), Net Carbohydrates: 15.42g (5.61%), Sugar: 11.68g (12.97%), Cholesterol: 0.4mg (0.13%), Sodium: 84.7mg (3.68%), Alcohol: 0.09g (100%), Alcohol %: 0.33% (100%), Caffeine: 10.42mg (3.47%), Protein: 1.97g (3.95%), Manganese: 0.2mg (9.85%), Copper: 0.17mg (8.58%), Magnesium: 24.4mg (6.1%), Fiber: 1.49g (5.98%), Iron: 0.88mg (4.89%), Selenium: 3.19µg (4.55%), Phosphorus: 45.41mg (4.54%), Vitamin B2: 0.06mg (3.54%), Vitamin E: 0.49mg (3.29%), Potassium: 93.29mg (2.67%), Zinc: 0.39mg (2.62%), Vitamin B1: 0.04mg (2.47%), Vitamin K: 2.32µg (2.21%), Folate: 8.79µg (2.2%), Calcium: 17.69mg (1.77%), Vitamin B3: 0.34mg (1.71%)