



Eggless Brownies

READY IN



45 min.

SERVINGS



12

CALORIES



148 kcal

DESSERT

Ingredients

- 1 teaspoon baking soda
- 5 tablespoons butter melted
- 1 cup buttermilk
- 2 tablespoons chocolate chips
- 0.5 cup cocoa powder
- 0.8 cup powdered sugar
- 2 teaspoons coffee instant
- 1 tablespoon nuts chopped
- 1 cup flour plain

- 0.5 teaspoon salt
- 1 tablespoon water

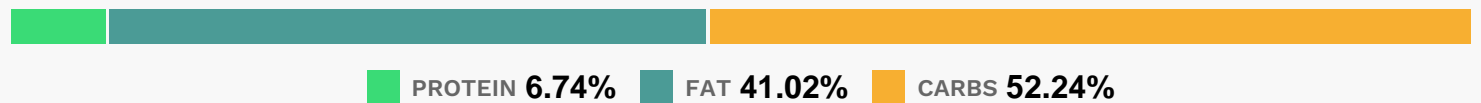
Equipment

- oven
- wire rack
- skewers

Directions

- Mix all of the dry ingredients together and then add all of the wet ingredients.
- Mix thoroughly and transfer into a greased, lined tin.
- Bake at gas mark 4 for 20–25 minutes. Poke with a skewer– it should come out semi-clean for a fudgy brownie or bake for a little longer for a cake. Allow to cool for 10 minutes then turn out onto a wire rack. Allow to cool thoroughly for maximum chocolaty taste.

Nutrition Facts



Properties

Glycemic Index:15.47, Glycemic Load:6.1, Inflammation Score:-3, Nutrition Score:4.0713043478261%

Flavonoids

Catechin: 2.32mg, Catechin: 2.32mg, Catechin: 2.32mg, Catechin: 2.32mg Epicatechin: 7.04mg, Epicatechin: 7.04mg, Epicatechin: 7.04mg, Epicatechin: 7.04mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Taste

Sweetness: 100%, Saltiness: 5.11%, Sourness: 0.53%, Bitterness: 1.48%, Savoriness: 0.2%, Fattiness: 72.4%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 147.53kcal (7.38%), Fat: 7.13g (10.97%), Saturated Fat: 4.19g (26.17%), Carbohydrates: 20.43g (6.81%), Net Carbohydrates: 18.75g (6.82%), Sugar: 9.83g (10.93%), Cholesterol: 14.74mg (4.91%), Sodium: 247.94mg (10.78%), Caffeine: 13.48mg (4.49%), Protein: 2.63g (5.27%), Manganese: 0.23mg (11.44%), Copper: 0.17mg (8.37%), Selenium:

4.91µg (7.01%), Fiber: 1.68g (6.73%), Vitamin B1: 0.1mg (6.4%), Magnesium: 24.72mg (6.18%), Phosphorus: 60.08mg (6.01%), Vitamin B2: 0.1mg (5.86%), Iron: 1.03mg (5.73%), Folate: 21.8µg (5.45%), Vitamin B3: 0.8mg (4%), Vitamin A: 178.9IU (3.58%), Calcium: 33.33mg (3.33%), Potassium: 112.2mg (3.21%), Zinc: 0.43mg (2.88%), Vitamin D: 0.26µg (1.73%), Vitamin B12: 0.1µg (1.7%), Vitamin B5: 0.15mg (1.47%), Vitamin E: 0.16mg (1.06%)