

Fatfree and Fabulous Fudgy Brownies

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



182 kcal

DESSERT

Ingredients

- 0.3 teaspoon double-acting baking powder
- 0.8 cup flour white
- 1 cup granulated sugar
- 0.3 teaspoon ground cinnamon
- 0.5 tbsp ground flaxseed
- 0.5 cup maple syrup pure
- 0.3 teaspoon salt
- 0.8 cup silken tofu firm crumbled ()

- 0.5 cup cocoa powder unsweetened
- 2 teaspoons vanilla extract
- 0.3 cup walnut pieces chopped (optional—depending on how nutty you like your brownies)
- 0.5 cup water
- 0.5 cup flour whole wheat

Equipment

- frying pan
- oven
- mixing bowl
- blender
- baking pan
- glass baking pan

Directions

- Mix the ground flax seeds with 1- 1/2 tablespoons of hot water and set aside. (
- Mixture will thicken slightly.) Preheat the oven to 350 degrees F. Mist an 8-inch x 8-inch x 2-inch glass baking pan with non-stick cooking spray and set it aside. Blend the tofu, water, maple syrup, cocoa powder, flax mixture, and vanilla extract until completely smooth. (I use a hand-blender, but you can do this in a regular blender.)
- Place the remaining ingredients, except the walnuts, in a medium mixing bowl and stir them together until they are well combined.
- Pour the blended mixture into the dry ingredients in the mixing bowl, and stir them until they are well combined. Fold in the walnuts, if using.
- Pour the batter into the prepared baking pan.
- Bake on the center rack of the oven for 30 minutes, or until a cake tester inserted in the center comes out clean. Completely cool the brownies in the pan.
- Cut and serve.

Nutrition Facts



■ PROTEIN 6.89% ■ FAT 13.4% ■ CARBS 79.71%

Properties

Glycemic Index:27.55, Glycemic Load:19.31, Inflammation Score:-2, Nutrition Score:6.2499999661484%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg 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

Nutrients (% of daily need)

Calories: 181.7kcal (9.08%), Fat: 2.86g (4.4%), Saturated Fat: 0.54g (3.35%), Carbohydrates: 38.26g (12.75%), Net Carbohydrates: 35.91g (13.06%), Sugar: 25.12g (27.92%), Cholesterol: 0mg (0%), Sodium: 61.1mg (2.66%), Alcohol: 0.23g (100%), Alcohol %: 0.39% (100%), Caffeine: 8.24mg (2.75%), Protein: 3.31g (6.61%), Manganese: 0.8mg (40.14%), Vitamin B2: 0.24mg (14.1%), Copper: 0.24mg (12.19%), Magnesium: 38.78mg (9.69%), Fiber: 2.35g (9.41%), Selenium: 6.55µg (9.35%), Vitamin B1: 0.13mg (8.4%), Phosphorus: 73.96mg (7.4%), Iron: 1.29mg (7.15%), Folate: 20.29µg (5.07%), Zinc: 0.69mg (4.61%), Vitamin B3: 0.88mg (4.41%), Potassium: 152.43mg (4.36%), Calcium: 35.68mg (3.57%), Vitamin B6: 0.04mg (2.22%)