



## Fudgy Brownies

READY IN



40 min.

SERVINGS



20

CALORIES



74 kcal

DESSERT

## Ingredients

- ☐ 1.5 ounces bittersweet chocolate finely chopped
- ☐ 2 tablespoons hot-brewed coffee brewed
- ☐ 2 large eggs
- ☐ 3 tablespoons evaporated milk
- ☐ 3 ounces prune- cut to pieces pitted ( 10)
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup sugar
- ☐ 0.5 cup cocoa powder unsweetened
- ☐ 1 teaspoon vanilla extract

- ☐ 1 tablespoon vegetable oil
- ☐ 0.5 cup flour whole-wheat

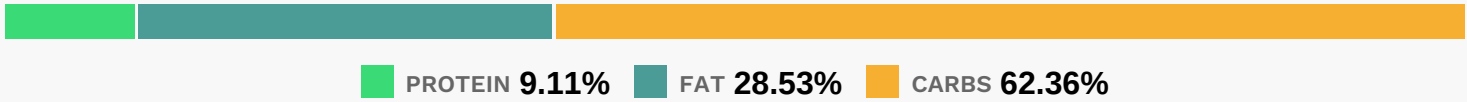
## Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ baking pan
- ☐ aluminum foil

## Directions

- ☐ Preheat oven to 325F. Line an 8-inch square baking pan with foil or parchment so that 2 sides overhang; mist lining with cooking spray.
- ☐ Combine prunes, coffee, milk, oil, eggs and vanilla in a food processor; process until smooth. In a large bowl, combine sugar, cocoa, flour and salt; mix well. Stir prune mixture into flour mixture until well combined. Stir in chopped chocolate.
- ☐ Spread evenly in baking pan.
- ☐ Bake until set, about 20 minutes.
- ☐ Let cool in pan on a wire rack.

## Nutrition Facts



## Properties

Glycemic Index:4.95, Glycemic Load:4.19, Inflammation Score:-2, Nutrition Score:3.0734782536393%

## Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Catechin: 1.39mg, Catechin: 1.39mg, Catechin: 1.39mg, Catechin: 1.39mg Epicatechin: 4.22mg, Epicatechin: 4.22mg, Epicatechin: 4.22mg, Epicatechin:

4.22mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 73.66kcal (3.68%), Fat: 2.54g (3.91%), Saturated Fat: 1.02g (6.39%), Carbohydrates: 12.5g (4.17%), Net Carbohydrates: 10.91g (3.97%), Sugar: 7.71g (8.57%), Cholesterol: 19.38mg (6.46%), Sodium: 39.46mg (1.72%), Alcohol: 0.07g (100%), Alcohol %: 0.33% (100%), Caffeine: 7.36mg (2.46%), Protein: 1.83g (3.65%), Manganese: 0.25mg (12.4%), Copper: 0.14mg (6.84%), Fiber: 1.59g (6.35%), Selenium: 3.97µg (5.67%), Magnesium: 21.53mg (5.38%), Phosphorus: 49.48mg (4.95%), Vitamin K: 4.07µg (3.88%), Iron: 0.68mg (3.75%), Vitamin B2: 0.05mg (3.02%), Potassium: 101.6mg (2.9%), Zinc: 0.38mg (2.55%), Vitamin B6: 0.03mg (1.69%), Calcium: 15.71mg (1.57%), Vitamin B3: 0.31mg (1.53%), Vitamin B1: 0.02mg (1.52%), Vitamin B5: 0.14mg (1.43%), Vitamin A: 66.92IU (1.34%), Folate: 4.74µg (1.18%), Vitamin E: 0.17mg (1.11%)