



Fudgy Chocolate Brownies

READY IN



45 min.

SERVINGS



16

CALORIES



114 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 1 cup brown sugar dark
- ☐ 1 large eggs
- ☐ 0.8 cup flour all-purpose sifted
- ☐ 0.5 teaspoon salt
- ☐ 1 ounce bittersweet chocolate melted
- ☐ 3 tablespoons butter unsalted softened
- ☐ 0.3 cup apple sauce unsweetened
- ☐ 0.3 cup cocoa unsweetened

☐ 1 teaspoon vanilla extract pure

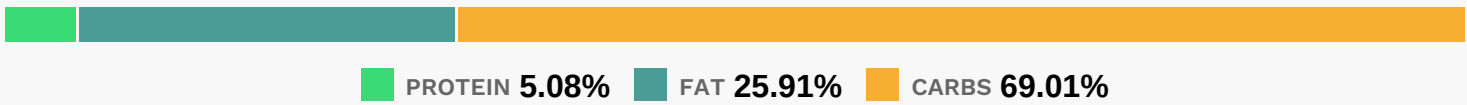
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ hand mixer
- ☐ toothpicks

Directions

- ☐ Preheat the oven to 35
- ☐ Butter a 9-inch square baking pan with 1/2 teaspoon of the butter. Sift together the flour, cocoa, baking powder and salt.
- ☐ Using an electric mixer, beat the sugar and the remaining butter.
- ☐ Add the egg and vanilla and beat until fluffy. Beat in the chocolate, then the applesauce. Beat in the dry ingredients on low speed until combined.
- ☐ Spread the batter in the prepared pan.
- ☐ Bake for about 25 minutes, or until a toothpick inserted in the center comes out clean.
- ☐ Let cool, then cut into squares.
- ☐ Notes: ONE BROWNIE: Calories 113 kcal, Protein 3 gm, Carbohydrate 20 gm, Cholesterol 20 mg, Total Fat 6 gm, Saturated Fat 2 gm

Nutrition Facts



Properties

Glycemic Index:10.44, Glycemic Load:3.27, Inflammation Score:-2, Nutrition Score:2.5021738923438%

Flavonoids

Catechin: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg Epicatechin: 3.73mg, Epicatechin: 3.73mg, Epicatechin: 3.73mg, Epicatechin: 3.73mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin:

0.26mg

Nutrients (% of daily need)

Calories: 113.6kcal (5.68%), Fat: 3.41g (5.25%), Saturated Fat: 1.99g (12.44%), Carbohydrates: 20.45g (6.82%), Net Carbohydrates: 19.44g (7.07%), Sugar: 14.44g (16.04%), Cholesterol: 17.38mg (5.79%), Sodium: 95.27mg (4.14%), Alcohol: 0.09g (100%), Alcohol %: 0.33% (100%), Caffeine: 5.64mg (1.88%), Protein: 1.5g (3.01%), Manganese: 0.14mg (7.18%), Copper: 0.11mg (5.44%), Selenium: 3.55µg (5.08%), Iron: 0.81mg (4.5%), Fiber: 1.01g (4.02%), Magnesium: 15.19mg (3.8%), Phosphorus: 34.4mg (3.44%), Vitamin B1: 0.05mg (3.36%), Folate: 13.1µg (3.27%), Vitamin B2: 0.05mg (2.98%), Calcium: 25.63mg (2.56%), Vitamin B3: 0.42mg (2.11%), Potassium: 70.01mg (2%), Zinc: 0.26mg (1.72%), Vitamin A: 84.47IU (1.69%), Vitamin B5: 0.11mg (1.06%)