



Guilt-Free Fudgy Brownies

 Vegetarian

READY IN



60 min.

SERVINGS



16

CALORIES



107 kcal

DESSERT

Ingredients

- ☐ 0.3 cup apple sauce
- ☐ 1.8 teaspoons double-acting baking powder
- ☐ 0.7 cup brown sugar
- ☐ 0.5 cup milk fat-free
- ☐ 1 cup flour all-purpose
- ☐ 0.5 cup cocoa powder unsweetened divided
- ☐ 1.5 teaspoons vanilla extract
- ☐ 1.7 cups water hot

☐

0.7 cup sugar white

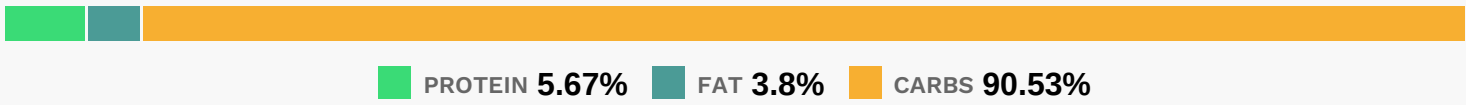
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Line an 8-inch square baking dish with parchment.
- ☐ Stir flour, 1/4 cup cocoa powder, sugar, and baking powder together in a bowl.
- ☐ Whisk milk, applesauce, and vanilla extract together in a small bowl; pour into flour mixture and stir with a fork until just combined into a batter.
- ☐ Spread the batter into the bottom of the prepared baking dish.
- ☐ Whisk brown sugar, remaining 1/4 cup cocoa powder, and hot water together in a bowl until the sugar and cocoa dissolve; pour over the batter in the baking dish.
- ☐ Bake in the preheated oven until the top is dry and the edges have started to pull away from the sides of the pan, about 40 minutes; cool brownies slightly in pan before cutting to serve.

Nutrition Facts



Properties

Glycemic Index:16.9, Glycemic Load:10.37, Inflammation Score:-1, Nutrition Score:2.8291304174649%

Flavonoids

Catechin: 1.77mg, Catechin: 1.77mg, Catechin: 1.77mg, Catechin: 1.77mg Epicatechin: 5.49mg, Epicatechin: 5.49mg, Epicatechin: 5.49mg, Epicatechin: 5.49mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 107kcal (5.35%), Fat: 0.48g (0.74%), Saturated Fat: 0.23g (1.46%), Carbohydrates: 25.78g (8.59%), Net Carbohydrates: 24.54g (8.92%), Sugar: 18.07g (20.08%), Cholesterol: 0.23mg (0.08%), Sodium: 54.23mg (2.36%), Alcohol: 0.13g (100%), Alcohol %: 0.25% (100%), Caffeine: 6.18mg (2.06%), Protein: 1.61g (3.23%), Manganese: 0.16mg (8.23%), Copper: 0.12mg (6.17%), Fiber: 1.25g (4.99%), Calcium: 49.05mg (4.91%), Selenium: 3.36µg (4.8%), Iron: 0.86mg (4.79%), Phosphorus: 46.52mg (4.65%), Vitamin B1: 0.07mg (4.58%), Magnesium: 17.4mg (4.35%), Folate: 15.52µg (3.88%), Vitamin B2: 0.06mg (3.42%), Vitamin B3: 0.54mg (2.72%), Potassium: 77.82mg (2.22%), Zinc: 0.28mg (1.87%)