



Healthier Best Brownies

 Vegetarian

READY IN



80 min.

SERVINGS



16

CALORIES



83 kcal

DESSERT

Ingredients

- 0.3 cup apple sauce
- 0.3 teaspoon double-acting baking powder
- 3 tablespoons butter softened
- 0.5 cup confectioners' sugar
- 2 eggs
- 1 tablespoon honey
- 0.3 teaspoon salt
- 3 tablespoons cocoa powder unsweetened

- 1 teaspoon vanilla extract
- 0.3 cup flour whole-wheat white
- 0.5 cup sugar white

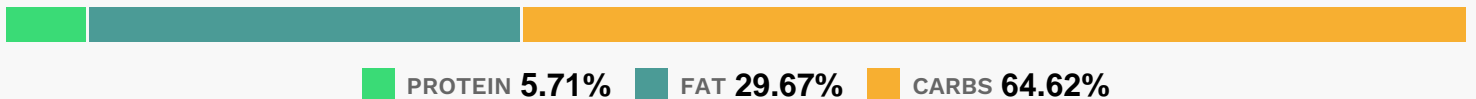
Equipment

- bowl
- frying pan
- sauce pan
- oven

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease and flour an 8-inch square pan.
- Melt 1/4 cup butter in a large saucepan over low heat.
- Remove from heat and stir in white sugar, eggs, applesauce, and 1 teaspoon vanilla extract. Beat in 1/3 cup cocoa powder, flour, salt, and baking powder.
- Spread into prepared pan.
- Bake in preheated oven until brownies are just set in the center, 20 to 25 minutes.
- Combine 3 tablespoons butter, 2 tablespoons cocoa powder, honey, 1 teaspoon vanilla extract, and confectioner's sugar in a bowl; beat until smooth. Frost brownies while they are still warm.

Nutrition Facts



Properties

Glycemic Index:16.52, Glycemic Load:4.94, Inflammation Score:-1, Nutrition Score:1.7452174000766%

Flavonoids

Catechin: 0.64mg, Catechin: 0.64mg, Catechin: 0.64mg, Catechin: 0.64mg Epicatechin: 2.12mg, Epicatechin: 2.12mg, Epicatechin: 2.12mg, Epicatechin: 2.12mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 82.85kcal (4.14%), Fat: 2.87g (4.41%), Saturated Fat: 1.61g (10.05%), Carbohydrates: 14.06g (4.69%), Net Carbohydrates: 13.38g (4.87%), Sugar: 11.54g (12.82%), Cholesterol: 26.1mg (8.7%), Sodium: 68.21mg (2.97%), Alcohol: 0.09g (100%), Alcohol %: 0.38% (100%), Protein: 1.24g (2.48%), Manganese: 0.14mg (7.13%), Selenium: 3.48µg (4.97%), Phosphorus: 29.02mg (2.9%), Fiber: 0.67g (2.69%), Copper: 0.05mg (2.63%), Magnesium: 9.04mg (2.26%), Vitamin B2: 0.04mg (2.15%), Vitamin A: 97IU (1.94%), Iron: 0.35mg (1.93%), Zinc: 0.21mg (1.39%), Vitamin B1: 0.02mg (1.13%), Vitamin B6: 0.02mg (1.12%), Vitamin B5: 0.11mg (1.08%), Folate: 4.24µg (1.06%), Potassium: 36.58mg (1.05%)