



Healthified Chocolate Lovers' Brownies

 Vegetarian

READY IN



105 min.

SERVINGS



16

CALORIES



103 kcal

DESSERT

Ingredients

- 2 egg whites fat-free
- 0.8 cup flour all-purpose gold medal®
- 1 cup granulated sugar
- 0.5 teaspoon salt
- 0.5 cup cocoa powder unsweetened
- 2 teaspoons vanilla
- 6 oz vanilla yogurt fat free french 99% yoplait®
- 2 tablespoons vegetable oil

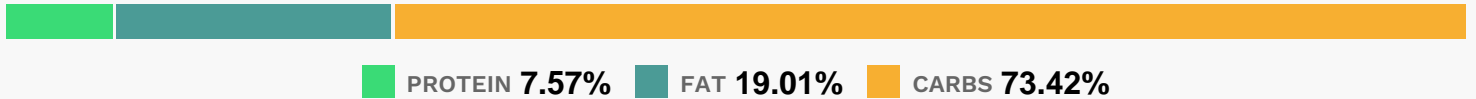
Equipment

- bowl
- frying pan
- oven
- toothpicks

Directions

- Heat oven to 350°F. Spray 8- or 9-inch square pan with cooking spray.
- In medium bowl, mix granulated sugar, yogurt, oil, vanilla and egg whites. Stir in all remaining ingredients except powdered sugar.
- Spread in pan.
- Bake 25 to 30 minutes or until toothpick inserted in center comes out clean. Cool completely, about 1 hour.
- Cut into 4 rows by 4 rows.
- Sprinkle with powdered sugar just before serving.

Nutrition Facts



Properties

Glycemic Index:9.07, Glycemic Load:11.96, Inflammation Score:-1, Nutrition Score:2.6791304197648%

Flavonoids

Catechin: 1.74mg, Catechin: 1.74mg, Catechin: 1.74mg, Catechin: 1.74mg Epicatechin: 5.28mg, Epicatechin: 5.28mg, Epicatechin: 5.28mg, Epicatechin: 5.28mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 103.04kcal (5.15%), Fat: 2.31g (3.55%), Saturated Fat: 0.57g (3.57%), Carbohydrates: 20.04g (6.68%), Net Carbohydrates: 18.88g (6.87%), Sugar: 14.09g (15.66%), Cholesterol: 0.53mg (0.18%), Sodium: 86.76mg (3.77%), Alcohol: 0.17g (100%), Alcohol %: 0.58% (100%), Caffeine: 6.18mg (2.06%), Protein: 2.07g (4.13%), Manganese: 0.15mg (7.29%), Copper: 0.11mg (5.69%), Selenium: 3.72µg (5.31%), Fiber: 1.15g (4.61%), Vitamin B2: 0.08mg (4.48%),

Magnesium: 16.88mg (4.22%), Phosphorus: 41mg (4.1%), Iron: 0.66mg (3.69%), Vitamin B1: 0.05mg (3.52%), Folate: 12.9µg (3.23%), Vitamin K: 3.22µg (3.07%), Calcium: 22.99mg (2.3%), Potassium: 77.52mg (2.21%), Vitamin B3: 0.42mg (2.11%), Zinc: 0.32mg (2.1%)