



## Heaven Sent Brownies

 Dairy Free

READY IN



35 min.

SERVINGS



8

CALORIES



354 kcal

DESSERT

### Ingredients

- 1.5 teaspoons baking soda
- 1.3 cups flour all-purpose
- 0.3 cup honey warmed
- 0.5 cup semi chocolate chips
- 0.5 cup cocoa powder unsweetened
- 1 teaspoon vanilla extract
- 0.3 cup vegetable oil
- 0.5 cup water

1.5 teaspoons distilled vinegar white

1 cup sugar white

## Equipment

bowl

frying pan

oven

## Directions

Preheat oven to 350 degrees F (175 degrees C). Grease and flour an 8x8 inch pan.

In a medium bowl, stir together the flour, cocoa, sugar and baking soda. Make a well in the center and pour in the oil, water, honey, vanilla and vinegar; mix well. Fold in chocolate chips.

Spread evenly into the prepared pan.

Bake for 25 to 30 minutes in the preheated oven, until brownies spring back when lightly touched.

Let cool in the pan for at least 10 minutes before cutting into squares.

## Nutrition Facts



**PROTEIN 4.24%** **FAT 29.45%** **CARBS 66.31%**

## Properties

Glycemic Index:30.92, Glycemic Load:35.02, Inflammation Score:-4, Nutrition Score:7.6947826943968%

## Flavonoids

Catechin: 3.48mg, Catechin: 3.48mg, Catechin: 3.48mg, Catechin: 3.48mg Epicatechin: 10.56mg, Epicatechin: 10.56mg, Epicatechin: 10.56mg, Epicatechin: 10.56mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

## Nutrients (% of daily need)

Calories: 354.25kcal (17.71%), Fat: 12.14g (18.68%), Saturated Fat: 3.98g (24.9%), Carbohydrates: 61.51g (20.5%), Net Carbohydrates: 58.03g (21.1%), Sugar: 40.89g (45.43%), Cholesterol: 0.68mg (0.22%), Sodium: 209.49mg (9.11%), Alcohol: 0.17g (100%), Alcohol %: 0.22% (100%), Caffeine: 22.04mg (7.35%), Protein: 3.94g (7.87%), Manganese: 0.51mg (25.57%), Copper: 0.38mg (19.19%), Fiber: 3.48g (13.92%), Iron: 2.5mg (13.88%), Magnesium: 51.7mg (12.93%), Selenium: 9.05µg (12.92%), Vitamin K: 13.54µg (12.89%), Vitamin B1: 0.17mg (11.43%), Folate: 40.13µg

(10.03%), Phosphorus: 91.83mg (9.18%), Vitamin B2: 0.13mg (7.76%), Vitamin B3: 1.46mg (7.3%), Zinc: 0.85mg (5.64%), Potassium: 176.38mg (5.04%), Vitamin E: 0.64mg (4.28%), Calcium: 18.63mg (1.86%), Vitamin B5: 0.15mg (1.48%), Vitamin B6: 0.02mg (1.14%)