



Junior Mint Brownies

READY IN



45 min.

SERVINGS



16

CALORIES



124 kcal

DESSERT

Ingredients

- 0.3 teaspoon baking soda
- 3 ounces creamy pure (such as Junior Mints)
- 1 large eggs
- 1 large egg white
- 1 cup flour all-purpose
- 0.1 teaspoon salt
- 0.3 cup stick margarine
- 0.7 cup sugar
- 0.3 cup cocoa unsweetened

Equipment

- bowl
- frying pan
- oven
- knife
- wire rack
- blender
- baking pan
- microwave
- measuring cup

Directions

- Preheat oven to 350 degrees.
- Coat bottom of an 8-inch square baking pan with cooking spray.
- Combine butter and mints in a 2-cup glass measure; microwave at high 30 seconds or until soft. Stir until smooth, and set aside.
- Lightly spoon flour into a dry measuring cup, and level with a knife.
- Combine flour, soda, and salt in a bowl.
- Combine sugar, cocoa, egg, and egg white in a large bowl; beat at medium speed of a mixer until well-blended.
- Add mint mixture; beat well.
- Add flour mixture; beat at low speed just until blended.
- Pour batter into prepared pan.
- Bake at 350 degrees for 20 minutes or until a wooden pick inserted in center comes out clean; cool completely on a wire rack.

Nutrition Facts



PROTEIN 6.14% **FAT 37.29%** **CARBS 56.57%**

Properties

Glycemic Index:11.73, Glycemic Load:11.37, Inflammation Score:-2, Nutrition Score:2.8013043576123%

Flavonoids

Catechin: 1.16mg, Catechin: 1.16mg, Catechin: 1.16mg, Catechin: 1.16mg Epicatechin: 3.52mg, Epicatechin: 3.52mg, Epicatechin: 3.52mg, Epicatechin: 3.52mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 123.68kcal (6.18%), Fat: 5.44g (8.37%), Saturated Fat: 1.94g (12.12%), Carbohydrates: 18.58g (6.19%), Net Carbohydrates: 17.41g (6.33%), Sugar: 11.13g (12.37%), Cholesterol: 11.63mg (3.88%), Sodium: 79.46mg (3.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 7.63mg (2.54%), Protein: 2.02g (4.03%), Manganese: 0.15mg (7.49%), Selenium: 4.48µg (6.39%), Copper: 0.11mg (5.65%), Vitamin B2: 0.08mg (4.82%), Fiber: 1.17g (4.66%), Iron: 0.82mg (4.55%), Vitamin B1: 0.07mg (4.37%), Magnesium: 17.38mg (4.34%), Folate: 16.62µg (4.15%), Phosphorus: 36.75mg (3.67%), Vitamin A: 149.11IU (2.98%), Vitamin B3: 0.54mg (2.71%), Zinc: 0.3mg (1.99%), Potassium: 60.41mg (1.73%), Vitamin E: 0.17mg (1.12%)