



Low Fat Brownies

 Dairy Free

READY IN



37 min.

SERVINGS



12

CALORIES



147 kcal

DESSERT

Ingredients

- ☐ 0.3 cup extra chocolate chips dark
- ☐ 6 tablespoons hershey's cocoa powder dark (Dutch Processed)
- ☐ 1 large eggs
- ☐ 2 large egg whites
- ☐ 0.5 teaspoon espresso powder
- ☐ 3.4 ounces flour all-purpose
- ☐ 1 cup granulated sugar
- ☐ 6 tablespoons prune baby food drained

- ☐ 0.3 teaspoon salt
- ☐ 1 teaspoon vanilla extract

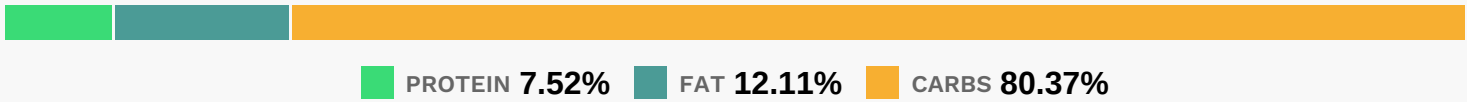
Equipment

- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 350 degrees F. Line an 8 inch square pan metal with foil and spray with cooking spray.
- ☐ Put the egg, egg whites, sugar, prune puree (or applesauce), vanilla , espresso powder and salt in a mixing bowl. With a whisk or a mixing spoon, stir well. Try not to beat any extra air into the mixture, just stir it. When mixed, add the cocoa powder and stir until blended. Stir in the flour. When flour is incorporated, stir in the chocolate chips.
- ☐ Pour into the pan and spread evenly. Hold pan about 1 ½ inches from the counter and drop it on the counter a couple of times to release any air bubbles. You probably won't have air bubbles, but it's kind of fun to do anyway.
- ☐ Bake on center rack for 27 minutes or until set (will still be shiny).
- ☐ Let cool completely, then chill if desired.

Nutrition Facts



Properties

Glycemic Index:14.51, Glycemic Load:17.29, Inflammation Score:-2, Nutrition Score:3.8073912839527%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Catechin: 1.62mg, Catechin: 1.62mg, Catechin: 1.62mg, Catechin: 1.62mg Epicatechin: 4.91mg, Epicatechin: 4.91mg, Epicatechin: 4.91mg, Epicatechin:

4.91mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 147.02kcal (7.35%), Fat: 2.09g (3.21%), Saturated Fat: 1.44g (8.99%), Carbohydrates: 31.16g (10.39%), Net Carbohydrates: 29.35g (10.67%), Sugar: 20.89g (23.21%), Cholesterol: 15.54mg (5.18%), Sodium: 68.55mg (2.98%), Alcohol: 0.11g (100%), Alcohol %: 0.3% (100%), Caffeine: 7.06mg (2.35%), Protein: 2.92g (5.83%), Manganese: 0.18mg (9.11%), Selenium: 5.78µg (8.26%), Fiber: 1.81g (7.24%), Copper: 0.14mg (6.99%), Vitamin B2: 0.11mg (6.64%), Iron: 0.93mg (5.14%), Magnesium: 19.91mg (4.98%), Vitamin B1: 0.07mg (4.96%), Folate: 18.76µg (4.69%), Phosphorus: 46.07mg (4.61%), Vitamin K: 4.79µg (4.56%), Potassium: 141.48mg (4.04%), Vitamin B3: 0.73mg (3.64%), Zinc: 0.45mg (2.99%), Calcium: 21.96mg (2.2%), Vitamin B5: 0.18mg (1.75%), Vitamin B6: 0.03mg (1.7%), Vitamin A: 80.62IU (1.61%)