



## Mini Brownie Bites

READY IN



22 min.

SERVINGS



12

CALORIES



92 kcal

DESSERT

## Ingredients

- ☐ 0.1 teaspoon double-acting baking powder
- ☐ 0.3 cup butter
- ☐ 1 large eggs
- ☐ 0.3 cup flour all-purpose
- ☐ 3 tablespoons milk 2% reduced-fat
- ☐ 0.3 teaspoon salt
- ☐ 3 tablespoons semisweet chocolate minichips
- ☐ 0.3 cup sugar
- ☐ 2 tablespoons cocoa unsweetened

☐ 1 teaspoon vanilla

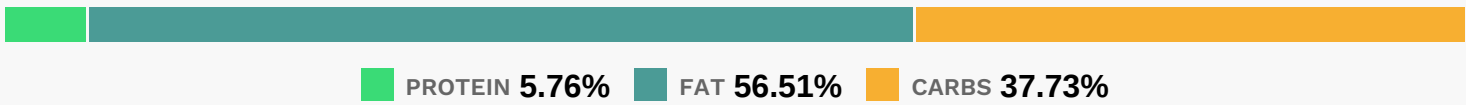
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ muffin liners

Directions

- ☐ Preheat oven to 35
- ☐ Line a 12-cup minimuffin pan with paper liners.
- ☐ Combine butter and chocolate chips in a small saucepan over low heat, stirring frequently until melted.
- ☐ Remove from heat; stir in milk and vanilla.
- ☐ Whisk together flour, cocoa, baking powder, and salt in a large bowl; stir into chocolate.
- ☐ Combine sugar and egg in a bowl and stir into chocolate mixture. Spoon batter into muffin cups.
- ☐ Bake 7 minutes. Top each brownie with 1 teaspoon coconut or walnuts, if desired; bake 5 more minutes. Cool on rack. If you didn't top with coconut or walnuts, sprinkle with powdered sugar.

Nutrition Facts



Properties

Glycemic Index:23.92, Glycemic Load:4.36, Inflammation Score:-1, Nutrition Score:1.9691304620355%

Flavonoids

Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg Epicatechin: 1.64mg, Epicatechin: 1.64mg, Epicatechin: 1.64mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg,

Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 91.55kcal (4.58%), Fat: 5.88g (9.04%), Saturated Fat: 3.49g (21.84%), Carbohydrates: 8.82g (2.94%), Net Carbohydrates: 8.15g (2.96%), Sugar: 5.79g (6.43%), Cholesterol: 26.19mg (8.73%), Sodium: 91.62mg (3.98%), Alcohol: 0.11g (100%), Alcohol %: 0.59% (100%), Caffeine: 5.1mg (1.7%), Protein: 1.35g (2.7%), Manganese: 0.1mg (5.07%), Copper: 0.09mg (4.26%), Selenium: 2.76µg (3.94%), Phosphorus: 32.31mg (3.23%), Iron: 0.55mg (3.07%), Magnesium: 12.3mg (3.07%), Vitamin A: 146.36IU (2.93%), Fiber: 0.67g (2.7%), Vitamin B2: 0.05mg (2.67%), Folate: 7.32µg (1.83%), Vitamin B1: 0.03mg (1.71%), Zinc: 0.25mg (1.67%), Calcium: 14.27mg (1.43%), Potassium: 49.14mg (1.4%), Vitamin B12: 0.07µg (1.19%), Vitamin E: 0.18mg (1.19%), Vitamin B5: 0.11mg (1.07%), Vitamin B3: 0.21mg (1.06%)