



Mmm-Mmm Better Brownies

 Vegetarian  Dairy Free  Popular

READY IN



40 min.

SERVINGS



10

CALORIES



139 kcal

DESSERT

Ingredients

- 0.3 teaspoon double-acting baking powder
- 2 eggs
- 0.5 cup flour all-purpose
- 0.3 teaspoon salt
- 0.3 cup cocoa powder unsweetened
- 1 teaspoon vanilla extract
- 0.5 cup vegetable oil
- 1 cup sugar white

Equipment

- bowl
- frying pan
- oven
- wire rack
- baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease a 9x9 inch baking pan.
- In a medium bowl, mix together the oil, sugar, and vanilla. Beat in eggs.
- Combine flour, cocoa, baking powder, and salt; gradually stir into the egg mixture until well blended. Stir in walnuts, if desired.
- Spread the batter evenly into the prepared pan.
- Bake for 20 to 25 minutes, or until the brownie begins to pull away from edges of pan.
- Let cool on a wire rack before cutting into squares.

Nutrition Facts



Properties

Glycemic Index:23.71, Glycemic Load:17.44, Inflammation Score:-2, Nutrition Score:3.1726086683895%

Flavonoids

Catechin: 1.86mg, Catechin: 1.86mg, Catechin: 1.86mg, Catechin: 1.86mg Epicatechin: 5.63mg, Epicatechin: 5.63mg, Epicatechin: 5.63mg, Epicatechin: 5.63mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 139.35kcal (6.97%), Fat: 3.54g (5.44%), Saturated Fat: 0.85g (5.31%), Carbohydrates: 26.49g (8.83%), Net Carbohydrates: 25.26g (9.19%), Sugar: 20.11g (22.34%), Cholesterol: 32.74mg (10.91%), Sodium: 82.2mg (3.57%), Alcohol: 0.14g (100%), Alcohol %: 0.35% (100%), Caffeine: 6.59mg (2.2%), Protein: 2.32g (4.63%), Manganese: 0.16mg (7.85%), Selenium: 5.35µg (7.64%), Copper: 0.13mg (6.29%), Fiber: 1.23g (4.92%), Vitamin B2: 0.08mg

(4.83%), Iron: 0.86mg (4.8%), Phosphorus: 47.43mg (4.74%), Magnesium: 16.81mg (4.2%), Folate: 16.49µg (4.12%), Vitamin K: 4.13µg (3.93%), Vitamin B1: 0.05mg (3.66%), Zinc: 0.36mg (2.37%), Vitamin B3: 0.44mg (2.2%), Vitamin E: 0.28mg (1.85%), Potassium: 63.43mg (1.81%), Vitamin B5: 0.17mg (1.7%), Calcium: 15.69mg (1.57%), Vitamin B12: 0.08µg (1.31%), Vitamin D: 0.18µg (1.17%), Vitamin B6: 0.02mg (1.06%)