



Mocha Brownies with Fresh Raspberries

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



111 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon double-acting baking powder
- ☐ 0.3 cup dutch process cocoa
- ☐ 3 large egg whites lightly beaten
- ☐ 0.5 cup flour all-purpose
- ☐ 1 teaspoon espresso grounds instant
- ☐ 2 cups raspberries fresh
- ☐ 0.3 teaspoon salt
- ☐ 1 cup sugar

- ☐ 1 teaspoon vanilla extract
- ☐ 0.3 cup vegetable oil
- ☐ 0.3 cup coffee yogurt low-fat

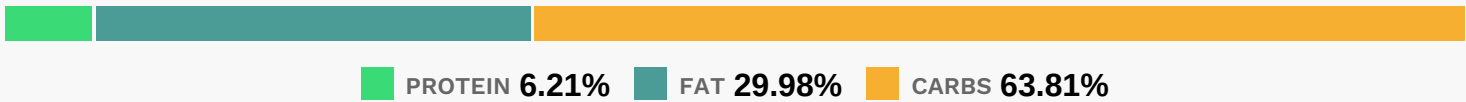
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ baking pan
- ☐ measuring cup

Directions

- ☐ Preheat oven to 37
- ☐ Combine first 5 ingredients in a large bowl, stirring well with a whisk. Lightly spoon flour into a dry measuring cup; level with a knife.
- ☐ Combine flour and next 4 ingredients (flour through salt) in a medium bowl, and add flour mixture to sugar mixture, stirring just until moist.
- ☐ Pour mixture into a 9-inch square baking pan coated with cooking spray.
- ☐ Bake at 375 for 25 minutes. Cool in pan on a wire rack.
- ☐ Serve with raspberries.

Nutrition Facts



Properties

Glycemic Index:16.44, Glycemic Load:11.11, Inflammation Score:-1, Nutrition Score:3.0278260792079%

Flavonoids

Cyanidin: 6.87mg, Cyanidin: 6.87mg, Cyanidin: 6.87mg, Cyanidin: 6.87mg Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 0.15mg, Pelargonidin: 0.15mg, Pelargonidin: 0.15mg, Pelargonidin: 0.15mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.36mg, Catechin: 1.36mg, Catechin: 1.36mg, Catechin: 1.36mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 4.05mg, Epicatechin: 4.05mg, Epicatechin: 4.05mg, Epicatechin: 4.05mg Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 110.94kcal (5.55%), Fat: 3.9g (6%), Saturated Fat: 0.71g (4.45%), Carbohydrates: 18.66g (6.22%), Net Carbohydrates: 16.92g (6.15%), Sugar: 13.52g (15.03%), Cholesterol: 0.23mg (0.08%), Sodium: 56.69mg (2.46%), Alcohol: 0.09g (100%), Alcohol %: 0.23% (100%), Caffeine: 6.08mg (2.03%), Protein: 1.82g (3.64%), Manganese: 0.2mg (9.95%), Vitamin K: 7.5µg (7.14%), Fiber: 1.74g (6.97%), Vitamin C: 3.96mg (4.8%), Copper: 0.09mg (4.51%), Selenium: 3.06µg (4.37%), Vitamin B2: 0.07mg (3.96%), Magnesium: 14.68mg (3.67%), Iron: 0.56mg (3.11%), Phosphorus: 29.73mg (2.97%), Folate: 11.54µg (2.89%), Vitamin E: 0.41mg (2.76%), Vitamin B1: 0.04mg (2.59%), Potassium: 75.96mg (2.17%), Vitamin B3: 0.39mg (1.94%), Calcium: 18mg (1.8%), Zinc: 0.25mg (1.67%), Vitamin B5: 0.11mg (1.06%)