



Mocha-Dark Chocolate Chunk Brownies

 Vegetarian

READY IN



47 min.

SERVINGS



16

CALORIES



100 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 3 tablespoons butter melted
- ☐ 1 large eggs lightly beaten
- ☐ 1 large egg white lightly beaten
- ☐ 0.7 cup flour all-purpose
- ☐ 1.5 tablespoons coffee granules instant
- ☐ 1 cup sugar
- ☐ 0.5 cup cocoa unsweetened

- ☐ 1 teaspoon vanilla extract
- ☐ 2 tablespoons water

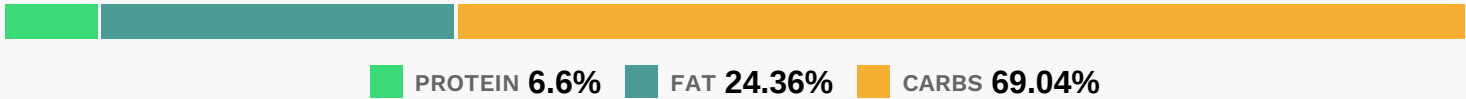
Equipment

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

Directions

- ☐ Preheat oven to 35
- ☐ Coat bottom of an 8-inch square baking pan with cooking spray.
- ☐ Combine sugar and next 8 ingredients in a bowl.
- ☐ Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Add flour and dark chocolate to cocoa mixture, stirring just until blended.
- ☐ Spread batter in prepared pan.
- ☐ Bake at 350 for 30 minutes. Cool on a wire rack.

Nutrition Facts



Properties

Glycemic Index:17.94, Glycemic Load:11.63, Inflammation Score:-2, Nutrition Score:2.4817391374837%

Flavonoids

Catechin: 1.74mg, Catechin: 1.74mg, Catechin: 1.74mg, Catechin: 1.74mg Epicatechin: 5.28mg, Epicatechin: 5.28mg, Epicatechin: 5.28mg, Epicatechin: 5.28mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin:

0.27mg

Nutrients (% of daily need)

Calories: 100.01kcal (5%), Fat: 2.89g (4.45%), Saturated Fat: 1.67g (10.46%), Carbohydrates: 18.44g (6.15%), Net Carbohydrates: 17.3g (6.29%), Sugar: 12.6g (14%), Cholesterol: 17.27mg (5.76%), Sodium: 39.07mg (1.7%), Alcohol: 0.09g (100%), Alcohol %: 0.35% (100%), Caffeine: 20.9mg (6.97%), Protein: 1.76g (3.53%), Manganese: 0.15mg (7.44%), Copper: 0.11mg (5.7%), Selenium: 3.68µg (5.26%), Fiber: 1.14g (4.54%), Magnesium: 16.83mg (4.21%), Iron: 0.71mg (3.96%), Phosphorus: 36.65mg (3.67%), Vitamin B2: 0.06mg (3.49%), Folate: 12.02µg (3.01%), Vitamin B1: 0.04mg (2.97%), Vitamin B3: 0.5mg (2.52%), Potassium: 71.97mg (2.06%), Zinc: 0.27mg (1.77%), Vitamin A: 82.47IU (1.65%), Calcium: 14.96mg (1.5%)