



No Pudge Brownie “Clones”

 Dairy Free

READY IN



34 min.

SERVINGS



8

CALORIES



152 kcal

DESSERT

Ingredients

- ☐ 0.1 teaspoon baking soda
- ☐ 1.7 ounces equivalent cake flour all-purpose (7 T.)
- ☐ 3 tablespoons chocolate chips
- ☐ 3 ounces chocolate pudding prepared (or a slightly)
- ☐ 0.3 cup hershey's extra cocoa powder dark
- ☐ 1 teaspoon cornstarch
- ☐ 2 tablespoons eggs lightly beaten
- ☐ 0.5 cup granulated sugar

- ☐ 0.1 teaspoon salt
- ☐ 1 teaspoon vanilla extract

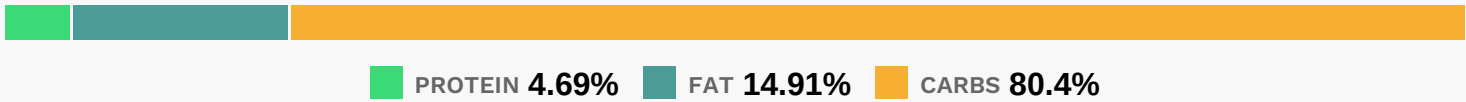
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ loaf pan
- ☐ aluminum foil

Directions

- ☐ Preheat Oven to 350 degrees F. Line an 8 ½ by 4 ½ inch metal loaf pan with foil and spray with baking spray.
- ☐ Mix all dry ingredients (flour through cornstarch) together in a bowl. Make a well in the center and add egg, vanilla and yogurt (or pudding).
- ☐ Mix all the ingredients together and stir in the chocolate chips.
- ☐ Spread in the pan and bake in lower third of the oven for 25 minutes.
- ☐ Remove from oven and let cool completely. Lift from pan, peel away foil and cut into squares.

Nutrition Facts



Properties

Glycemic Index:18.14, Glycemic Load:12.05, Inflammation Score:-1, Nutrition Score:2.8360870163078%

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: 152.17kcal (7.61%), Fat: 2.63g (4.04%), Saturated Fat: 1.43g (8.96%), Carbohydrates: 31.88g (10.63%), Net Carbohydrates: 30.34g (11.03%), Sugar: 23.04g (25.6%), Cholesterol: 13.75mg (4.58%), Sodium: 211.48mg (9.19%),

Alcohol: 0.17g (100%), Alcohol %: 0.52% (100%), Caffeine: 6.93mg (2.31%), Protein: 1.86g (3.72%), Manganese: 0.19mg (9.31%), Copper: 0.15mg (7.61%), Fiber: 1.54g (6.17%), Selenium: 3.91µg (5.58%), Magnesium: 20.03mg (5.01%), Iron: 0.86mg (4.8%), Phosphorus: 41.27mg (4.13%), Vitamin B2: 0.06mg (3.64%), Folate: 13.94µg (3.49%), Vitamin B1: 0.05mg (3.47%), Potassium: 94.56mg (2.7%), Zinc: 0.34mg (2.27%), Vitamin B3: 0.44mg (2.22%), Calcium: 11.91mg (1.19%)