



Peppermint Brownies

READY IN



45 min.

SERVINGS



18

CALORIES



252 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 8 egg whites
- ☐ 1.3 cups flour all-purpose
- ☐ 0.5 cup butter softened reduced-calorie
- ☐ 0.5 cup nonfat cream alternative sour
- ☐ 3 tablespoons peppermint candies crushed finely
- ☐ 0.5 teaspoon peppermint extract
- ☐ 3 cups powdered sugar sifted
- ☐ 0.3 teaspoon salt

- ☐ 0.3 cup evaporated skimmed milk
- ☐ 1.3 cups sugar
- ☐ 0.3 cup cocoa unsweetened
- ☐ 0.7 cup cocoa unsweetened
- ☐ 1 teaspoon vanilla extract
- ☐ 0.3 cup water hot

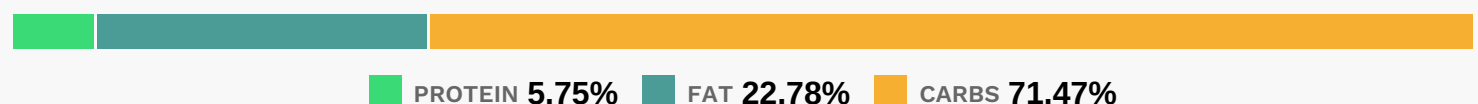
Equipment

- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ hand mixer

Directions

- ☐ Beat margarine at medium speed of an electric mixer until creamy; gradually add 1 1/3 cups sugar, beating well.
- ☐ Add egg whites and next 4 ingredients; beat well.
- ☐ Combine flour, baking powder, salt, and 2/3 cup cocoa; add to margarine mixture, mixing well.
- ☐ Pour batter into a 13- x 9- x 2-inch pan coated with cooking spray.
- ☐ Bake at 350 for 20 to 25 minutes or until a wooden pick inserted in center comes out clean. Cool in pan on a wire rack.
- ☐ Combine powdered sugar and 1/4 cup cocoa; stir well.
- ☐ Add water, 1 tablespoon at a time, stirring until smooth.
- ☐ Pour over brownies, and spread evenly.
- ☐ Sprinkle with crushed peppermint.
- ☐ Let stand 10 minutes before cutting into bars.

Nutrition Facts



Properties

Glycemic Index:15.02, Glycemic Load:15.58, Inflammation Score:-4, Nutrition Score:4.3269565048749%

Flavonoids

Catechin: 2.84mg, Catechin: 2.84mg, Catechin: 2.84mg, Catechin: 2.84mg Epicatechin: 8.6mg, Epicatechin: 8.6mg, Epicatechin: 8.6mg, Epicatechin: 8.6mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 251.53kcal (12.58%), Fat: 6.69g (10.3%), Saturated Fat: 2.15g (13.46%), Carbohydrates: 47.25g (15.75%), Net Carbohydrates: 45.38g (16.5%), Sugar: 36.24g (40.26%), Cholesterol: 0.71mg (0.24%), Sodium: 151.69mg (6.6%), Alcohol: 0.11g (100%), Alcohol %: 0.17% (100%), Caffeine: 10.07mg (3.36%), Protein: 3.8g (7.6%), Manganese: 0.24mg (11.75%), Selenium: 7.07µg (10.1%), Copper: 0.19mg (9.34%), Vitamin B2: 0.14mg (8.21%), Fiber: 1.87g (7.48%), Magnesium: 26.86mg (6.72%), Phosphorus: 61.41mg (6.14%), Iron: 1.09mg (6.08%), Vitamin B1: 0.08mg (5.49%), Vitamin A: 251.1IU (5.02%), Folate: 19.74µg (4.93%), Calcium: 41.05mg (4.11%), Potassium: 117.92mg (3.37%), Vitamin B3: 0.67mg (3.34%), Zinc: 0.42mg (2.82%), Vitamin E: 0.21mg (1.37%), Vitamin B12: 0.06µg (1.06%)