

Pumpkin-Swirl Brownies



Vegetarian



Vegan

READY IN



45 min.

SERVINGS



9

CALORIES



309 kcal

DESSERT

Ingredients

- ☐ 1 tsp double-acting baking powder
- ☐ 15 ounces pumpkin pure canned
- ☐ 1 cup brown sugar light
- ☐ 2 tbsp pumpkin pie spice
- ☐ 1 cup sugar raw
- ☐ 0.5 tsp salt
- ☐ 6 ounces vanilla-flavored soy yogurt plain
- ☐ 0.3 cup apple sauce unsweetened

- ☐ 0.8 cup apple sauce unsweetened
- ☐ 0.5 cup cocoa unsweetened
- ☐ 1 tbsp vanilla extract
- ☐ 1.5 cups pastry flour whole wheat

Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ toothpicks
- ☐ spatula

Directions

- ☐ Preheat oven to 350 F. In a small bowl, combine pumpkin, 1/4 cup applesauce and pumpkin pie spice until well blended. In a medium bowl, combine yogurt, 3/4 cup applesauce, both sugars and vanilla until well combined. In a large bowl, whisk flour, cocoa, baking powder and salt together.
- ☐ Add yogurt mixture to flower mixture and combine. Spoon brownie mixture into a greased 8x8 square baking pan. Use a spatula to spread it out evenly. Spoon pumpkin mixture on top, using a spatula to even out smoothly. Then use spatula to swirl and mix the batters together.
- ☐ Bake 45 minutes to 1 hour, or until a toothpick inserted in the center comes out clean. Allow to fully cool before slicing.

- ☐ Amount Per Serving
- ☐ Calories
- ☐ Fat
- ☐ 60g
- ☐ Carbohydrate
- ☐ 50gDietary Fiber5.70gSugars41.80gProtein4.20g

Nutrition Facts



 **PROTEIN 5.78%**  **FAT 4.95%**  **CARBS 89.27%**

Properties

Glycemic Index:10.22, Glycemic Load:0.13, Inflammation Score:-10, Nutrition Score:15.33173915096%

Flavonoids

Catechin: 3.28mg, Catechin: 3.28mg, Catechin: 3.28mg, Catechin: 3.28mg Epicatechin: 10.85mg, Epicatechin: 10.85mg, Epicatechin: 10.85mg, Epicatechin: 10.85mg Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg

Nutrients (% of daily need)

Calories: 309.06kcal (15.45%), Fat: 1.8g (2.78%), Saturated Fat: 0.67g (4.16%), Carbohydrates: 73.22g (24.41%), Net Carbohydrates: 67.38g (24.5%), Sugar: 51.3g (57%), Cholesterol: 0mg (0%), Sodium: 198.42mg (8.63%), Alcohol: 0.5g (100%), Alcohol %: 0.37% (100%), Caffeine: 10.99mg (3.66%), Protein: 4.75g (9.49%), Vitamin A: 7366.3IU (147.33%), Manganese: 1.3mg (65.03%), Fiber: 5.84g (23.35%), Selenium: 13.72µg (19.61%), Copper: 0.34mg (17.08%), Magnesium: 67.57mg (16.89%), Iron: 2.66mg (14.8%), Phosphorus: 138.32mg (13.83%), Calcium: 112.95mg (11.29%), Potassium: 312.09mg (8.92%), Vitamin B1: 0.12mg (8.29%), Vitamin K: 8.55µg (8.14%), Vitamin B6: 0.14mg (6.81%), Vitamin B3: 1.35mg (6.76%), Zinc: 0.98mg (6.53%), Vitamin C: 5.04mg (6.11%), Vitamin B2: 0.08mg (4.78%), Vitamin E: 0.71mg (4.77%), Folate: 17.36µg (4.34%), Vitamin B5: 0.37mg (3.66%), Vitamin D: 0.25µg (1.64%)