



Raspberry Crunch Brownies

 Vegetarian  Dairy Free

READY IN



35 min.

SERVINGS



24

CALORIES



103 kcal

DESSERT

Ingredients

- 0.7 cup cocoa powder
- 0.5 teaspoon double-acting baking powder
- 0.3 cup canola oil
- 4 egg whites
- 1 cup flour all-purpose
- 2 tablespoons grape nuts
- 0.3 cup raspberry jam
- 0.3 teaspoon salt

- 1.3 cups sugar
- 1.5 teaspoons vanilla extract

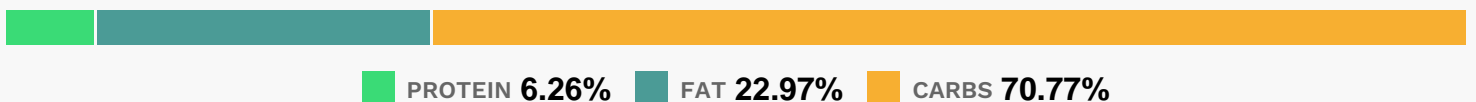
Equipment

- bowl
- frying pan
- oven
- wire rack
- toothpicks

Directions

- In a large bowl, beat oil and sugar until blended. Beat in egg whites.
- Combine the flour, cocoa, baking powder and salt; gradually add to sugar mixture just until moistened. Stir in vanilla. (Batter will be thick).
- Spread batter into a 9-in. square pan coated with cooking spray.
- Bake at 350° for 20 to 25 minutes or until a toothpick inserted in the center comes out clean. Cool 10 minutes on a wire rack.
- Spread with jam and sprinkle with Grape-Nuts if desired. Cool completely.

Nutrition Facts



Properties

Glycemic Index:12.17, Glycemic Load:11.49, Inflammation Score:-1, Nutrition Score:2.6104347582745%

Flavonoids

Catechin: 1.55mg, Catechin: 1.55mg, Catechin: 1.55mg, Catechin: 1.55mg Epicatechin: 4.69mg, Epicatechin: 4.69mg, Epicatechin: 4.69mg, Epicatechin: 4.69mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 102.79kcal (5.14%), Fat: 2.78g (4.27%), Saturated Fat: 0.38g (2.36%), Carbohydrates: 19.26g (6.42%), Net Carbohydrates: 18.03g (6.56%), Sugar: 12.35g (13.72%), Cholesterol: 0mg (0%), Sodium: 48.95mg (2.13%), Alcohol:

0.09g (100%), Alcohol %: 0.36% (100%), Caffeine: 5.49mg (1.83%), Protein: 1.7g (3.41%), Manganese: 0.17mg (8.5%), Copper: 0.11mg (5.39%), Iron: 0.95mg (5.31%), Fiber: 1.22g (4.9%), Selenium: 3.35µg (4.79%), Magnesium: 15.34mg (3.83%), Folate: 15.14µg (3.78%), Vitamin B2: 0.06mg (3.52%), Vitamin B1: 0.05mg (3.44%), Phosphorus: 32.18mg (3.22%), Vitamin E: 0.43mg (2.84%), Vitamin B3: 0.47mg (2.37%), Vitamin K: 1.76µg (1.68%), Potassium: 58.29mg (1.67%), Zinc: 0.23mg (1.53%), Calcium: 10.34mg (1.03%)