



Red Velvet Brownies

 Vegetarian

READY IN



60 min.

SERVINGS



24

CALORIES



124 kcal

DESSERT

Ingredients

- 1 teaspoon double-acting baking powder
- 0.3 cup butter softened
- 2 eggs lightly beaten
- 1 cup flour all-purpose
- 0.3 teaspoon ground pepper red
- 1 tablespoon food coloring red
- 0.3 teaspoon salt
- 0.5 cup cup heavy whipping cream sour

- 1 cup cocoa powder unsweetened
- 1 teaspoon vanilla extract
- 2 cups sugar white

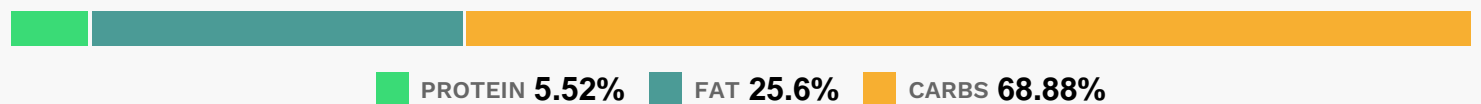
Equipment

- bowl
- frying pan
- oven
- whisk
- baking pan
- toothpicks

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease and flour a 9x13-inch baking dish.
- Whisk flour, cocoa powder, baking powder, ground red pepper, and salt together in a bowl.
- Beat sugar, sour cream, butter, eggs, red food coloring, and vanilla together in a bowl.
- Add flour mixture to sour cream mixture and stir to combine.
- Pour batter into prepared baking dish.
- Bake in the preheated oven until a toothpick inserted into the center comes out with fudgy crumbs, 30 to 35 minutes. Cool in the pan before slicing.

Nutrition Facts



Properties

Glycemic Index:13.3, Glycemic Load:14.56, Inflammation Score:-2, Nutrition Score:2.9213043545251%

Flavonoids

Catechin: 2.32mg, Catechin: 2.32mg, Catechin: 2.32mg, Catechin: 2.32mg Epicatechin: 7.04mg, Epicatechin: 7.04mg, Epicatechin: 7.04mg, Epicatechin: 7.04mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 123.61kcal (6.18%), Fat: 3.79g (5.84%), Saturated Fat: 2.11g (13.2%), Carbohydrates: 22.98g (7.66%), Net Carbohydrates: 21.51g (7.82%), Sugar: 16.91g (18.79%), Cholesterol: 21.55mg (7.18%), Sodium: 64.83mg (2.82%), Alcohol: 0.06g (100%), Alcohol %: 0.19% (100%), Caffeine: 8.24mg (2.75%), Protein: 1.84g (3.68%), Manganese: 0.18mg (8.81%), Copper: 0.15mg (7.41%), Fiber: 1.47g (5.89%), Selenium: 3.71µg (5.3%), Magnesium: 20.09mg (5.02%), Phosphorus: 47.12mg (4.71%), Iron: 0.84mg (4.65%), Vitamin B2: 0.06mg (3.73%), Folate: 12.78µg (3.2%), Vitamin B1: 0.05mg (3.09%), Vitamin A: 117.41IU (2.35%), Zinc: 0.35mg (2.32%), Calcium: 22.85mg (2.29%), Potassium: 72.69mg (2.08%), Vitamin B3: 0.4mg (1.98%), Vitamin B5: 0.11mg (1.07%)