



Single-Serving Brownie



Vegetarian



Popular

READY IN



45 min.

SERVINGS



1

CALORIES



352 kcal

DESSERT

Ingredients

- ☐ 1 tbsp agave nectar
- ☐ 0.3 tsp double-acting baking powder
- ☐ 1 tbsp brown sugar light
- ☐ 1 tsp plant-based milk
- ☐ 1 tbsp apple sauce unsweetened
- ☐ 1 tbsp cocoa unsweetened
- ☐ 0.3 tsp vanilla extract
- ☐ 1 tbsp vegan chocolate chips

☐

2 tbsp pastry flour whole wheat

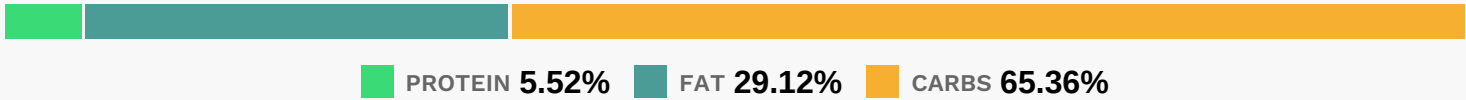
Equipment

- ☐ oven
- ☐ toothpicks

Directions

- ☐ Preheat oven to 350 F. Grease a single muffin cup and set aside.
- ☐ Mix flour, chocolate chips, sugar, cocoa and a light dash of cinnamon together. Stir in agave, applesauce, non-dairy milk and a drop or two of vanilla extract until combined.
- ☐ Bake 15 to 20 minutes, until a toothpick inserted in the center comes out clean.
- ☐ Nutritional Information
- ☐ Amount Per Serving
- ☐ Calories
- ☐ Fat
- ☐ Carbohydrate
- ☐ 90gDietary Fiber3.80gSugars13gProtein3g

Nutrition Facts



Properties

Glycemic Index:145, Glycemic Load:2.78, Inflammation Score:-3, Nutrition Score:8.8165217054927%

Flavonoids

Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg Epicatechin: 11.42mg, Epicatechin: 11.42mg, Epicatechin: 11.42mg, Epicatechin: 11.42mg Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg

Nutrients (% of daily need)

Calories: 352.05kcal (17.6%), Fat: 12.6g (19.39%), Saturated Fat: 7.33g (45.84%), Carbohydrates: 63.63g (21.21%), Net Carbohydrates: 57.68g (20.97%), Sugar: 43.57g (48.41%), Cholesterol: 0.6mg (0.2%), Sodium: 129.81mg (5.64%), Alcohol: 0.36g (100%), Alcohol %: 0.42% (100%), Caffeine: 12.42mg (4.14%), Protein: 5.38g (10.76%),

Manganese: 0.79mg (39.59%), Fiber: 5.95g (23.81%), Iron: 3.93mg (21.85%), Selenium: 10.07µg (14.38%), Calcium: 139.83mg (13.98%), Copper: 0.27mg (13.73%), Magnesium: 48.9mg (12.23%), Phosphorus: 121.37mg (12.14%), Vitamin B1: 0.11mg (7.13%), Vitamin B6: 0.12mg (6.24%), Zinc: 0.76mg (5.09%), Vitamin K: 5.22µg (4.97%), Vitamin B3: 0.99mg (4.96%), Vitamin B2: 0.08mg (4.89%), Potassium: 170.08mg (4.86%), Vitamin C: 3.72mg (4.51%), Folate: 14.76µg (3.69%), Vitamin E: 0.34mg (2.25%), Vitamin B5: 0.14mg (1.39%)