

Skinny Cheesecake Brownie Bites

 Vegetarian

READY IN



25 min.

SERVINGS



16

CALORIES



77 kcal

DESSERT

Ingredients

- 0.3 tsp double-acting baking powder
- 0.3 tsp baking soda
- 2 tbsp brown sugar
- 0.3 cup cocoa powder
- 1 eggs
- 1 egg yolk
- 0.5 cup flour
- 4 oz cream cheese light

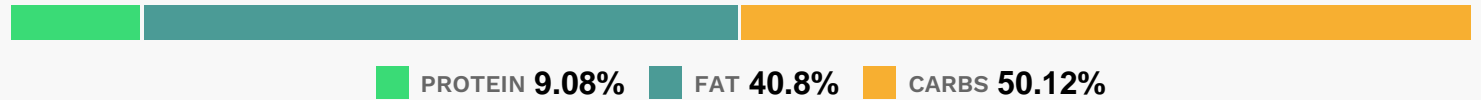
- 2 tbsp olive oil
- 0.3 tsp salt
- 0.5 cup apple sauce unsweetened
- 0.5 tsp vanilla paste (or vanilla extract if you can't find it)
- 0.3 cup granulated sugar white

Equipment

Directions

- See the full recipe at [Because I Like Chocolate](#).

Nutrition Facts



Properties

Glycemic Index:14.82, Glycemic Load:4.36, Inflammation Score:-1, Nutrition Score:2.3434782792693%

Flavonoids

Catechin: 1.21mg, Catechin: 1.21mg, Catechin: 1.21mg, Catechin: 1.21mg Epicatechin: 3.93mg, Epicatechin: 3.93mg, Epicatechin: 3.93mg, Epicatechin: 3.93mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 77.17kcal (3.86%), Fat: 3.7g (5.69%), Saturated Fat: 1.23g (7.7%), Carbohydrates: 10.21g (3.4%), Net Carbohydrates: 9.36g (3.4%), Sugar: 5.85g (6.5%), Cholesterol: 26.21mg (8.74%), Sodium: 94.6mg (4.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 4.12mg (1.37%), Protein: 1.85g (3.7%), Manganese: 0.1mg (5.03%), Selenium: 3.4µg (4.85%), Copper: 0.08mg (4.08%), Phosphorus: 39.99mg (4%), Vitamin B2: 0.06mg (3.42%), Fiber: 0.85g (3.41%), Iron: 0.57mg (3.16%), Folate: 12.25µg (3.06%), Magnesium: 11.14mg (2.78%), Vitamin B1: 0.04mg (2.66%), Vitamin E: 0.35mg (2.3%), Calcium: 22.2mg (2.22%), Vitamin B12: 0.11µg (1.86%), Potassium: 61.68mg (1.76%), Zinc: 0.25mg (1.7%), Vitamin B5: 0.16mg (1.62%), Vitamin A: 72.41IU (1.45%), Vitamin B3: 0.29mg (1.44%), Vitamin K: 1.24µg (1.18%)