

# Speedy Brownies

 Dairy Free

READY IN



45 min.

SERVINGS



36

CALORIES



118 kcal

DESSERT

## Ingredients

- 2 cups sugar
- 1.8 cups flour all-purpose
- 0.5 cup cocoa powder
- 1 teaspoon salt
- 5 large eggs room temperature
- 1 cup canola oil
- 1 teaspoon vanilla extract
- 1 cup semi chocolate chips

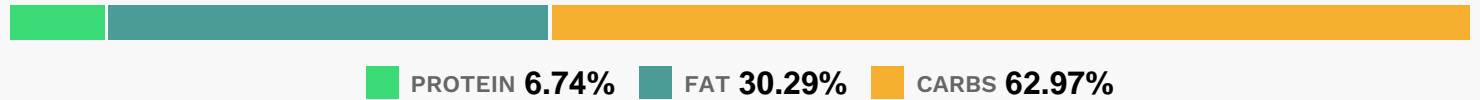
## Equipment

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

## Directions

- In a large bowl, beat the first 7 ingredients.
- Pour into a greased 13x9-in. baking pan.
- Sprinkle with chocolate chips.
- Bake at 350&deg; for 30 minutes or until a toothpick inserted in the center comes out clean. Cool in pan on a wire rack.

## Nutrition Facts



## Properties

Glycemic Index:4.03, Glycemic Load:11.11, Inflammation Score:-1, Nutrition Score:2.8499999746032%

## Flavonoids

Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg Epicatechin: 2.35mg, Epicatechin: 2.35mg, Epicatechin: 2.35mg, Epicatechin: 2.35mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

## Nutrients (% of daily need)

Calories: 117.82kcal (5.89%), Fat: 4.08g (6.28%), Saturated Fat: 1.52g (9.48%), Carbohydrates: 19.08g (6.36%), Net Carbohydrates: 18.07g (6.57%), Sugar: 13g (14.45%), Cholesterol: 26.13mg (8.71%), Sodium: 75.45mg (3.28%), Alcohol: 0.04g (100%), Alcohol %: 0.13% (100%), Caffeine: 7.05mg (2.35%), Protein: 2.04g (4.09%), Manganese: 0.16mg (7.82%), Selenium: 4.85µg (6.93%), Copper: 0.12mg (6.12%), Iron: 0.89mg (4.95%), Magnesium: 16.95mg (4.24%), Phosphorus: 42.09mg (4.21%), Vitamin B2: 0.07mg (4.08%), Fiber: 1.01g (4.02%), Folate: 14.77µg (3.69%),

Vitamin B1: 0.05mg (3.53%), Zinc: 0.35mg (2.32%), Vitamin E: 0.32mg (2.17%), Vitamin B3: 0.43mg (2.16%), Potassium: 62.99mg (1.8%), Vitamin B5: 0.15mg (1.51%), Vitamin K: 1.32µg (1.25%), Vitamin B12: 0.07µg (1.18%)