



Throw Together Brownies

 Dairy Free

READY IN



105 min.

SERVINGS



24

CALORIES



176 kcal

DESSERT

Ingredients

- ☐ 1 cup almonds sliced
- ☐ 0.5 cup apple sauce
- ☐ 21.5 ounce brownie mix
- ☐ 2 eggs
- ☐ 0.3 cup rum
- ☐ 1 tablespoon salad oil
- ☐ 0.5 cup semi chocolate chips

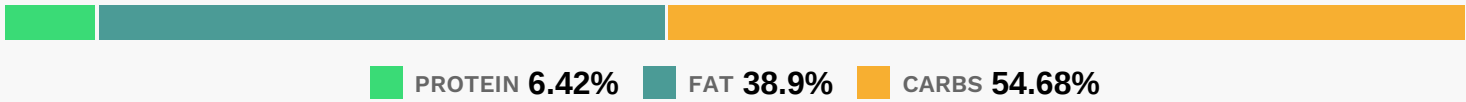
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease a 9x13 inch brownie pan.
- ☐ In a large bowl, stir together the applesauce, rum, eggs and oil until well blended. Stir in the contents of the brownie mix. Fold in the almonds and chocolate chips.
- ☐ Spread evenly into the prepared pan.
- ☐ Bake for 30 to 35 minutes in the preheated oven, until the center is firm. Cool one hour and cut into squares.

Nutrition Facts



Properties

Glycemic Index:1.04, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:2.3730434708945%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 176.14kcal (8.81%), Fat: 7.36g (11.32%), Saturated Fat: 1.79g (11.2%), Carbohydrates: 23.28g (7.76%), Net Carbohydrates: 22.44g (8.16%), Sugar: 14.63g (16.26%), Cholesterol: 13.86mg (4.62%), Sodium: 79.91mg (3.47%), Alcohol: 1.11g (100%), Alcohol %: 3.09% (100%), Caffeine: 3.22mg (1.08%), Protein: 2.73g (5.46%), Vitamin E: 1.15mg (7.68%), Manganese: 0.14mg (7.01%), Iron: 1.17mg (6.5%), Copper: 0.09mg (4.55%), Magnesium: 17.54mg (4.39%), Vitamin B2: 0.06mg (3.76%), Phosphorus: 35.84mg (3.58%), Fiber: 0.84g (3.34%), Selenium: 1.61µg (2.3%), Zinc: 0.27mg (1.79%), Potassium: 58.25mg (1.66%), Calcium: 14.89mg (1.49%)