



## Triple Raspberry Brownie

 Vegetarian  Dairy Free

READY IN



50 min.

SERVINGS



16

CALORIES



291 kcal

DESSERT

### Ingredients

- 19.5 ounce brownie mix (recommended: Betty Crocker)
- 2 egg whites
- 1 tablespoon honey
- 16 servings mint sprigs fresh for garnish
- 0.3 cup oil
- 0.5 cup moist prunes (recommended: Sunsweet)
- 2 cups raspberries frozen thawed (recommended: Dole)
- 16 servings raspberries fresh for garnish

- 0.3 cup raspberry liqueur (recommended: Framboise)
- 2 tablespoons raspberry liqueur (recommended: Framboise)
- 0.3 cup percent raspberry fruit spread
- 0.3 cup apple sauce unsweetened organic (recommended: Santa Cruz)

## Equipment

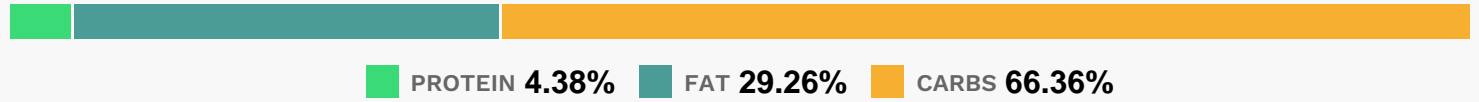
- sauce pan
- oven
- knife
- mixing bowl
- sieve
- blender
- baking pan
- wooden spoon

## Directions

- Preheat oven to 350 degrees F. Lightly spray a 9 by 9-inch baking pan with butter flavored cooking spray; set aside.
- In a blender, puree prunes and applesauce.
- Transfer to a medium mixing bowl.
- Add the brownie mix, egg whites, oil, and raspberry liqueur or water to mixing bowl. Beat for 1 minute with a wooden spoon until smooth.
- Transfer to prepared baking pan; set aside.
- In a small saucepan over medium-high heat, melt the preserves.
- Drizzle over brownies. Swirl with a table knife.
- Bake in preheated oven for 30 to 35 minutes.
- Remove and cool completely before cutting.
- Puree thawed raspberries, honey, and liqueur in blender. Push through a fine mesh strainer; set aside.

- To serve, spoon 1 to 2 tablespoons coulis on a plate.
- Place brownie in center of coulis.
- Garnish with 3 to 5 fresh raspberries and a fresh mint sprig.

## Nutrition Facts



### Properties

Glycemic Index:11.77, Glycemic Load:5.15, Inflammation Score:-3, Nutrition Score:6.5547826366256%

### Flavonoids

Cyanidin: 34.37mg, Cyanidin: 34.37mg, Cyanidin: 34.37mg, Cyanidin: 34.37mg Petunidin: 0.23mg, Petunidin: 0.23mg, Petunidin: 0.23mg, Petunidin: 0.23mg Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg Malvidin: 0.1mg, Malvidin: 0.1mg, Malvidin: 0.1mg, Malvidin: 0.1mg Pelargonidin: 0.74mg, Pelargonidin: 0.74mg, Pelargonidin: 0.74mg, Pelargonidin: 0.74mg Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg Catechin: 1.02mg, Catechin: 1.02mg, Catechin: 1.02mg, Catechin: 1.02mg Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg Epicatechin: 2.91mg, Epicatechin: 2.91mg, Epicatechin: 2.91mg, Epicatechin: 2.91mg Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg

### Nutrients (% of daily need)

Calories: 291.27kcal (14.56%), Fat: 9.4g (14.46%), Saturated Fat: 1.27g (7.96%), Carbohydrates: 47.96g (15.99%), Net Carbohydrates: 42.48g (15.45%), Sugar: 29.33g (32.59%), Cholesterol: 0mg (0%), Sodium: 111.15mg (4.83%), Alcohol: 1.45g (100%), Alcohol %: 1.28% (100%), Protein: 3.17g (6.34%), Manganese: 0.54mg (26.85%), Vitamin C: 20.68mg (25.07%), Fiber: 5.48g (21.91%), Vitamin K: 12.44µg (11.85%), Vitamin E: 1.51mg (10.06%), Iron: 1.65mg (9.16%), Magnesium: 20.57mg (5.14%), Potassium: 176.42mg (5.04%), Copper: 0.1mg (4.9%), Folate: 18.22µg (4.55%), Vitamin B2: 0.07mg (3.87%), Vitamin B3: 0.59mg (2.94%), Phosphorus: 28.78mg (2.88%), Vitamin B5: 0.28mg (2.85%), Vitamin B6: 0.06mg (2.85%), Calcium: 25.53mg (2.55%), Zinc: 0.36mg (2.41%), Vitamin A: 111.17IU (2.22%), Vitamin B1: 0.03mg (2.03%), Selenium: 1.1µg (1.57%)