

Walnut Brownies

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



192 kcal

DESSERT

Ingredients

- 0.3 cup butter
- 6 tablespoons cocoa / carob powder
- 2 egg white
- 0.5 cup flour all-purpose
- 0.3 teaspoon salt
- 2 teaspoons vanilla extract
- 1 cup walnuts chopped
- 1 cup sugar white

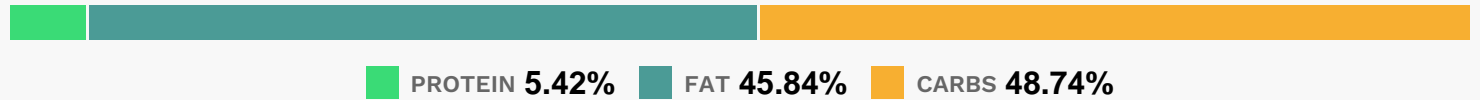
Equipment

- frying pan
- oven
- mixing bowl
- baking pan

Directions

- Preheat oven to 300 degrees F (175 degrees C). Grease an 8-inch square baking pan.
- Melt the butter or margarine over low heat.
- Pour into large mixing bowl and stir in carob powder, sugar, salt, flour, and vanilla.
- Mix in egg whites and walnuts.
- Spread the dough evenly into the baking pan.
- Bake for 30 minutes.
- Let cool in pan for 10–15 minutes before cutting.

Nutrition Facts



Properties

Glycemic Index:17.92, Glycemic Load:14.65, Inflammation Score:-2, Nutrition Score:3.8047826076331%

Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg Catechin: 1.52mg, Catechin: 1.52mg, Catechin: 1.52mg, Catechin: 1.52mg Epicatechin 3-gallate: 0.9mg, Epicatechin 3-gallate: 0.9mg, Epicatechin 3-gallate: 0.9mg, Epicatechin 3-gallate: 0.9mg Epigallocatechin 3-gallate: 3.28mg, Epigallocatechin 3-gallate: 3.28mg, Epigallocatechin 3-gallate: 3.28mg, Epigallocatechin 3-gallate: 3.28mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg

Nutrients (% of daily need)

Calories: 191.98kcal (9.6%), Fat: 10.33g (15.88%), Saturated Fat: 3.04g (19%), Carbohydrates: 24.7g (8.23%), Net Carbohydrates: 22.71g (8.26%), Sugar: 18.5g (20.55%), Cholesterol: 10.17mg (3.39%), Sodium: 88.73mg (3.86%),

Alcohol: 0.23g (100%), Alcohol %: 0.64% (100%), Protein: 2.74g (5.49%), Manganese: 0.39mg (19.33%), Copper: 0.18mg (9.12%), Fiber: 1.99g (7.95%), Vitamin B1: 0.08mg (5.08%), Folate: 20.3µg (5.07%), Selenium: 3.55µg (5.07%), Vitamin B2: 0.08mg (4.8%), Magnesium: 18.9mg (4.72%), Phosphorus: 43.65mg (4.37%), Iron: 0.63mg (3.49%), Vitamin B6: 0.07mg (3.31%), Zinc: 0.37mg (2.49%), Vitamin B3: 0.48mg (2.42%), Vitamin A: 120.55IU (2.41%), Potassium: 84mg (2.4%), Calcium: 22.53mg (2.25%), Vitamin E: 0.2mg (1.33%)