



Whole Wheat Blueberry Brownies

READY IN



45 min.

SERVINGS



12

CALORIES



138 kcal

DESSERT

Ingredients

- 1 cup pastry flour whole wheat
- 0.5 cup cocoa powder
- 0.5 teaspoon salt
- 1 teaspoon double-acting baking powder
- 0.3 teaspoon baking soda
- 0.3 teaspoon cinnamon
- 0.5 cup sugar
- 0.3 cup brown sugar
- 0.3 cup brown sugar

- 1 large eggs
- 0.5 cup cream sour low fat
- 0.5 cup vanilla almond milk
- 1 teaspoon vanilla
- 1 cup blueberries

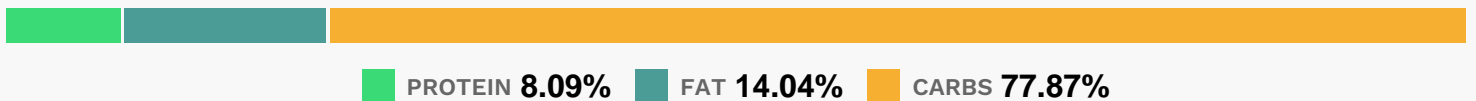
Equipment

- bowl
- frying pan
- oven
- baking pan
- toothpicks

Directions

- Combine dry ingredients in one bowl, and wet ingredients in another bowl except berries.
- Heat the oven to 350 degrees and spray an 8 x 8 x 2-inch pan with cooking spray.
- Combine wet and dry ingredients until smooth, then fold in berries.
- Pour into baking dish and bake for 20 25 minutes until a toothpick inserted in the center came out clean.

Nutrition Facts



Properties

Glycemic Index:17.26, Glycemic Load:6.5, Inflammation Score:-3, Nutrition Score:5.56260869565222%

Flavonoids

Cyanidin: 1.04mg, Cyanidin: 1.04mg, Cyanidin: 1.04mg, Cyanidin: 1.04mg Petunidin: 3.89mg, Petunidin: 3.89mg, Petunidin: 3.89mg, Petunidin: 3.89mg Delphinidin: 4.37mg, Delphinidin: 4.37mg, Delphinidin: 4.37mg, Delphinidin: 4.37mg Malvidin: 8.34mg, Malvidin: 8.34mg, Malvidin: 8.34mg, Malvidin: 8.34mg Peonidin: 2.5mg, Peonidin: 2.5mg, Peonidin: 2.5mg, Peonidin: 2.5mg Catechin: 2.98mg, Catechin: 2.98mg, Catechin: 2.98mg, Catechin: 2.98mg

Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg
Epicatechin: 7.12mg, Epicatechin: 7.12mg, Epicatechin: 7.12mg, Epicatechin: 7.12mg Luteolin: 0.02mg, Luteolin:
0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg,
Kaempferol: 0.2mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 1.3mg,
Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin:
0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 137.81kcal (6.89%), Fat: 2.35g (3.61%), Saturated Fat: 1.1g (6.87%), Carbohydrates: 29.27g (9.76%), Net
Carbohydrates: 26.53g (9.65%), Sugar: 18.63g (20.7%), Cholesterol: 18.85mg (6.28%), Sodium: 186.2mg (8.1%),
Caffeine: 8.24mg (2.75%), Protein: 3.04g (6.08%), Manganese: 0.6mg (30.07%), Selenium: 8.44µg (12.06%), Fiber:
2.75g (10.98%), Copper: 0.19mg (9.69%), Magnesium: 34.76mg (8.69%), Phosphorus: 86.25mg (8.63%), Calcium:
64.86mg (6.49%), Iron: 1.08mg (6.02%), Vitamin B1: 0.06mg (4.21%), Zinc: 0.63mg (4.2%), Potassium: 139.45mg
(3.98%), Vitamin B2: 0.06mg (3.69%), Vitamin B3: 0.65mg (3.24%), Vitamin B6: 0.06mg (3.21%), Vitamin K: 2.73µg
(2.6%), Folate: 9.39µg (2.35%), Vitamin B5: 0.16mg (1.61%), Vitamin C: 1.28mg (1.56%), Vitamin E: 0.22mg (1.46%),
Vitamin B12: 0.08µg (1.29%), Vitamin A: 61.62IU (1.23%)