



Whole-Wheat Brownies

READY IN



45 min.

SERVINGS



16

CALORIES



216 kcal

DESSERT

Ingredients

- 6 tablespoons butter unsalted melted plus more for pan ()
- 0.5 cup flour all-purpose (spooned and leveled)
- 0.5 cup flour whole-wheat (spooned and leveled)
- 0.3 cup cocoa powder unsweetened
- 1.3 teaspoons double-acting baking powder
- 1 teaspoon coarse salt
- 0.3 teaspoon baking soda
- 1 cup brown sugar packed
- 1.3 cups apple sauce unsweetened

- 1 large eggs
- 8 ounces bittersweet chocolate coarsely chopped

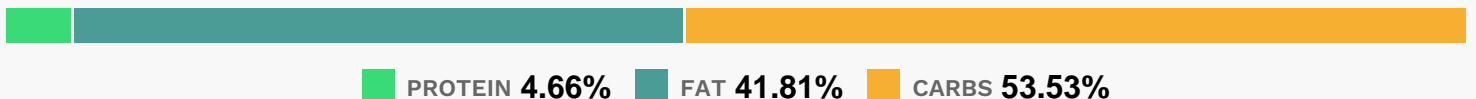
Equipment

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

Directions

- Preheat oven to 350 degrees. Butter an 8-inch square baking dish; line with parchment, leaving a 2-inch overhang on all sides. In a medium bowl, whisk together flours, cocoa, baking powder, salt, and baking soda.
- In a large bowl, stir together sugar, applesauce, and egg.
- Place butter and 6 ounces chocolate in a heatproof bowl set over (not in) a pot of simmering water; stir until melted. Stir chocolate mixture into sugar mixture. Stir in flour mixture.
- Pour into pan and top with 2 ounces chocolate.
- Bake until a toothpick inserted in center comes out with moist crumbs attached, 40 minutes.
- Let cool in pan on a wire rack. Use parchment to lift cake from pan and cut into 16 squares.

Nutrition Facts



Properties

Glycemic Index:10.44, Glycemic Load:2.24, Inflammation Score:-3, Nutrition Score:5.3921739348899%

Flavonoids

Catechin: 1.29mg, Catechin: 1.29mg, Catechin: 1.29mg, Catechin: 1.29mg Epicatechin: 4.55mg, Epicatechin: 4.55mg, Epicatechin: 4.55mg, Epicatechin: 4.55mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg

Nutrients (% of daily need)

Calories: 215.66kcal (10.78%), Fat: 10.38g (15.97%), Saturated Fat: 6.09g (38.04%), Carbohydrates: 29.9g (9.97%), Net Carbohydrates: 27.39g (9.96%), Sugar: 20.4g (22.67%), Cholesterol: 23.76mg (7.92%), Sodium: 206.76mg (8.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 16.31mg (5.44%), Protein: 2.6g (5.21%), Manganese: 0.45mg (22.54%), Copper: 0.28mg (14.03%), Magnesium: 42.26mg (10.57%), Fiber: 2.51g (10.06%), Iron: 1.69mg (9.41%), Selenium: 6.32µg (9.03%), Phosphorus: 83.41mg (8.34%), Potassium: 163.46mg (4.67%), Calcium: 46.58mg (4.66%), Zinc: 0.68mg (4.52%), Vitamin B1: 0.06mg (4.13%), Vitamin B2: 0.06mg (3.44%), Vitamin A: 161.03IU (3.22%), Vitamin B3: 0.61mg (3.05%), Folate: 11.71µg (2.93%), Vitamin B6: 0.04mg (2.01%), Vitamin E: 0.3mg (2%), Vitamin B5: 0.17mg (1.66%), Vitamin K: 1.62µg (1.54%), Vitamin B12: 0.06µg (1.04%)