



# Whole-Wheat Dark Chocolate Zucchini Brownies

 Dairy Free  Popular

READY IN



75 min.

SERVINGS



16

CALORIES



175 kcal

DESSERT

## Ingredients

- 0.3 cup nestle® toll house® baking cocoa
- 1.3 teaspoons baking soda
- 1 cup nestle® toll house® chocolate morsels dark divided
- 0.5 teaspoon coarse salt
- 2 large egg whites
- 0.5 cup granulated sugar
- 0.5 cup brown sugar light packed

- 1 teaspoon vanilla extract
- 0.3 cup vegetable oil
- 1 cup flour whole-wheat white
- 1.5 cups zucchini grated

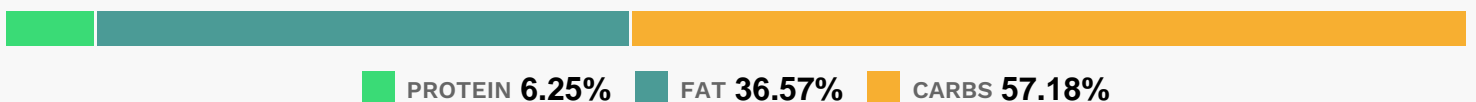
## Equipment

- bowl
- frying pan
- oven
- wire rack
- baking pan
- aluminum foil
- microwave

## Directions

- Preheat oven to 350 degrees F. Line 9-inch-square baking pan with foil.
- Combine flour, cocoa, baking soda and salt in medium bowl.
- Melt 3/4 cup morsels in large, microwave-safe bowl on HIGH (100%) power for 1 minute; stir until smooth. Cool slightly. Stir in oil, brown sugar, granulated sugar, egg whites and vanilla extract. Stir in flour mixture; fold in zucchini.
- Spread into prepared pan.
- Sprinkle remaining 1/4 cup morsels over top.
- Bake for 30 minutes or until wooden pick inserted in center comes out slightly sticky. Cool completely in pan on wire rack. Lift brownies from pan; cut into 16 squares. Store in airtight container for up to 5 days.

## Nutrition Facts



## Properties

Glycemic Index:5.32, Glycemic Load:4.4, Inflammation Score:-2, Nutrition Score:4.7304347312969%

## Flavonoids

Catechin: 1.16mg, Catechin: 1.16mg, Catechin: 1.16mg, Catechin: 1.16mg Epicatechin: 3.52mg, Epicatechin: 3.52mg, Epicatechin: 3.52mg, Epicatechin: 3.52mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

## Nutrients (% of daily need)

Calories: 175.48kcal (8.77%), Fat: 7.44g (11.44%), Saturated Fat: 3.97g (24.8%), Carbohydrates: 26.16g (8.72%), Net Carbohydrates: 24.15g (8.78%), Sugar: 17.16g (19.06%), Cholesterol: 0.11mg (0.04%), Sodium: 180.52mg (7.85%), Alcohol: 0.09g (100%), Alcohol %: 0.2% (100%), Caffeine: 4.12mg (1.37%), Protein: 2.86g (5.71%), Manganese: 0.42mg (20.8%), Selenium: 6.45µg (9.21%), Fiber: 2.01g (8.04%), Vitamin K: 7.82µg (7.45%), Magnesium: 26.46mg (6.62%), Copper: 0.13mg (6.51%), Phosphorus: 59.43mg (5.94%), Zinc: 0.76mg (5.04%), Potassium: 172.39mg (4.93%), Calcium: 46.92mg (4.69%), Iron: 0.76mg (4.24%), Vitamin B2: 0.07mg (3.95%), Vitamin B1: 0.06mg (3.71%), Vitamin E: 0.52mg (3.49%), Vitamin B6: 0.07mg (3.47%), Vitamin B3: 0.59mg (2.97%), Vitamin C: 2.14mg (2.59%), Folate: 9.26µg (2.31%), Vitamin B5: 0.17mg (1.75%)