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Low-cal Brownie ♦♦

A delicious brownie recipe with low calories. Perfect for indulging without guilt.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 25 mins

Total Time: 40 mins

Recipe Yield: 300 grams

Number of Servings: 12

Serving Size: 25 g

Ingredients

50 g	Cocoa Powder
100 g	All-Purpose Flour
1 tsp	baking powder
0.5 tsp	Salt
150 g	unsweetened applesauce
100 g	granulated sugar substitute
1 tsp	vanilla extract

2 Egg
pieces

50 g semi-sweet chocolate chips

Directions

Step 1

Preheating

Preheat the oven to 350°F (175°C). Grease a baking pan.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Mixing

In a bowl, mix together cocoa powder, flour, baking powder, and salt.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Whisking

In a separate bowl, whisk together applesauce, sugar substitute, vanilla extract, and eggs.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Stirring

Combine the wet and dry ingredients. Stir in chocolate chips.

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Pouring

Pour the batter into the greased baking pan. Smooth the top.

Prep Time: 5 mins

Cook Time: 0 mins

Step 6

Baking

Bake for 20-25 minutes, or until a toothpick inserted into the center comes out with a few moist crumbs.

Prep Time: 0 mins

Cook Time: 25 mins

Step 7

Cooling

Allow the brownies to cool in the pan before cutting into squares.

Prep Time: 5 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 150 kcal

Fat: 5 g

Protein: 4 g

Carbohydrates: 20 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	4 g	23.53%	23.53%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	20 g	36.36%	40%
Fibers	2 g	5.26%	8%
Sugars	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	3 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	5 g	17.86%	20%
Cholesterol	35 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	0 mg	0%	0%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	100 mg	4.35%	4.35%
Calcium	2 mg	0.2%	0.2%
Iron	8 mg	100%	44.44%
Potassium	100 mg	2.94%	3.85%
Zinc	0 mg	0%	0%
Selenium	0 mcg	0%	0%

Recipe Attributes

Nutritional Content

Low Calorie

Course

Side Dishes

Salads

Snacks

Sauces & Dressings

Cultural

Chinese New Year

Cost

Under \$10

Demographics

Teen Friendly

Diet

Mediterranean Diet

Vegetarian Diet

Vegan Diet

Raw Food Diet

Pescatarian Diet

Ovo-Vegetarian Diet

Lacto-Vegetarian Diet

Lacto-Ovo Vegetarian Diet

Fruitarian Diet

Engine 2 Diet

Blood Type Diet

Ayurvedic Diet

Meal Type

Snack

Lunch

Supper

Difficulty Level

Medium

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