

Author

Categories

Tools

Locations

Plate/Store

Yield 1 servings
Portion 1 Brownie
Num Portions 1

Prep
Cook
Finish
Shelf

Nutrition Facts

Serving Size 1 Brownie
Servings Per Container 1

Amount Per Serving

Calories 566 Calories From Fat 153

% Daily Value

Total Fat 17g 25%

Saturated Fat 4g 17%

Cholesterol 0mg 0%

Sodium 528mg 22%

Total Carbohydrates 102g 34%

Dietary Fiber 4g 16%

Protein 4g

Vitamin A 0% Vitamin C 0%

Calcium 0% Iron 23%

* Percent Daily Values are based on a 2000 calorie diet.

Nutrition Descriptors

Cholesterol Free
High in Iron
High in Carbohydrates
Good Source of Potassium
Good Source of Fiber