

## Low-Fat Brownie



### Nutrition Content per 100 g

<b>Calories</b>	370 kcal
<b>Total Fat</b>	13 g
Saturated Fat	3.5 g
Trans Fat	4 g
Cholesterol	10 mg
<b>Total Carbohydrates</b>	65 g
Dietary Fiber	3 g
Sugars	39 g
<b>Protein</b>	7 g
Calcium	32 mg
Magnesium	42 mg
Phosphorus	84 mg
Potassium	150 mg
Sodium	270 mg
Iron	2 mg
Vitamin A	10 IU
Vitamin C	0 mg

Ingredients	Baker's %	% Weight
Flour, all-purpose	100.00	21.00
Sugar, baker's	85.90	18.04
Water	84.76	17.80
Sugar, granulated	83.33	17.50
Shortening	48.81	10.25
Cocoa powder	28.57	6.00
<b>Whey permeate</b>	21.43	4.50
<b>Whey protein concentrate, 80% protein (WPC 80)</b>	7.86	1.65
Egg, white, dried	7.14	1.50
Salt	2.38	0.50
Egg, yolk, dried	1.90	0.40
Modified food starch	1.43	0.30
Vanilla	1.19	0.25
Emulsifier	0.71	0.15
Baking soda	0.38	0.08
Baking powder	0.19	0.04
Monocalcium phosphate (anhydrous)	0.19	0.04

### Procedure

1. Cream sugar with shortening and emulsifier at #2 speed in a 3-speed mixer for 3 minutes.
2. Blend the remaining dry ingredients and add them to the sugar and shortening.
3. Mix at #1 speed for 5 minutes.
4. Add the water and mix at #2 speed for 2 minutes, scraping down the bowl after 1 minute.
5. Transfer the batter (~ 475 g (1 lb)) into a 20 x 20 cm (8 x 8") greased baking pan.
6. Bake at 177°C (350°F) for 20-25 minutes.