

Brownies

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Vegetable oil		¼ cup 2 Tbsp		¾ cup	<ol style="list-style-type: none"> 1. Cream oil, sugar, salt, vanilla, and applesauce in a mixer using paddle attachment for 5 minutes on medium speed. Scrape down sides of bowl. 2. Add egg whites and beat for 1 minute on medium speed. Scrape down sides of bowl. 3. In a separate bowl, combine flour, cocoa, and baking powder. 4. Add dry ingredients to egg mixture. Mix for 30 seconds on low speed, then for 1 minute on medium speed. Scrape down sides of bowl. Batter will be very thick. 5. Spread 2 lb 9 oz (1 qt ¾ cup) batter into each pan (9" x 13" x 2") which has been lightly coated with pan release spray. For 25 servings, use 1 pan. For 50 servings, use 2 pans. 6. Sprinkle nuts (optional) over batter. 7. Bake until set, but still moist in the center. Conventional oven: 350° F for 20-30 minutes Convection oven: 300° F for 18-25 minutes Heat to 160° F or higher. 8. Cut each pan 5 x 5 (25 pieces). Portion is 1 piece.
Sugar	13 oz	1 ¾ cups 2 Tbsp	1 lb 10 oz	3 ¾ cups	
Salt		¾ tsp		1 ½ tsp	
Vanilla		¾ tsp		1 ½ tsp	
Canned applesauce	10 oz	1 ¼ cups	1 lb 4 oz	2 ½ cups	
Frozen egg whites, thawed OR	6 oz	¾ cup OR	12 oz	1 ½ cups OR	
Fresh large egg whites		5 each		10 each	
Enriched all-purpose flour	7 ½ oz	1 ¾ cups	15 oz	3 ½ cups	
Cocoa	3 oz	¾ cup	6 oz	1 ½ cups 2 Tbsp	
Baking powder		1 ½ tsp		1 Tbsp	
Chopped walnuts (optional)	2 oz	½ cup	4 oz	1 cup	

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SERVING:	YIELD:	VOLUME:
1 piece.	25 Servings: 2 lb 8 oz	25 Servings: 25 pieces 1 pan
	50 Servings: 5 lb	50 Servings: 50 pieces 2 pans
Edited 2014		

Special Tip: Brownies may be sprinkled with powdered sugar or iced with Brownie Icing (B-21).

Nutrients Per Serving					
Calories	144	Saturated Fat	0.96 g	Iron	1.04 mg
Protein	2.42 g	Cholesterol	29 mg	Calcium	26 mg
Carbohydrate	25.48 g	Vitamin A	45 IU	Sodium	109 mg
Total Fat	4.52 g	Vitamin C	0.2 mg	Dietary Fiber	1.5 g