



Black Bean Brownies

READY IN



45 min.

SERVINGS



12

CALORIES



233 kcal

DESSERT

Ingredients

- 15 oz black beans rinsed canned
- 2 tablespoons canola oil
- 0.3 cup apple sauce unsweetened
- 2 eggs
- 1 egg yolk
- 0.8 cup sugar
- 3 tablespoons cocoa powder unsweetened
- 1.5 tablespoons espresso powder instant
- 3 ounces bittersweet chocolate chopped

- 2 tablespoons butter unsalted
- 1 teaspoon vanilla extract
- 0.5 teaspoon salt
- 0.5 cup flour all-purpose
- 0.5 cup walnuts chopped

Equipment

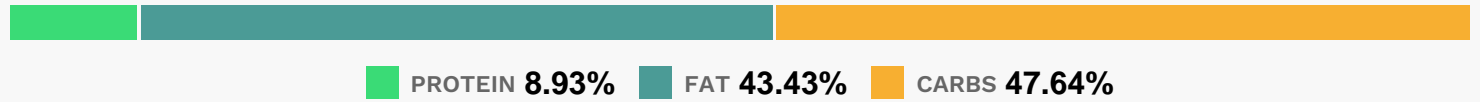
- food processor
- bowl
- frying pan
- oven
- wire rack
- baking pan
- toothpicks
- aluminum foil
- microwave

Directions

- Preheat oven to 350 F.
- Mix beans, oil, applesauce, eggs, egg yolk, sugar, cocoa powder, and espresso powder in your food processor. Pulse for 1 minute, or until smooth.
- Place your chopped chocolate and butter in a small bowl and microwave for 1 minute, stirring halfway. Stir until the mixture is smooth. Set aside to cool for a few minutes.
- Add chocolate/butter mixture, vanilla extract, and salt to the food processor; pulse to blend.
- Pour batter into a large bowl and stir in the flour.
- Spread batter into a foil-lined 8x8" baking pan coated with nonstick cooking spray. Smooth the top and sprinkle evenly with the walnuts (if using).
- Bake for 25 to 30 minutes, or until a toothpick inserted into the center comes out clean.
- Let the brownies cool in the pan on a wire rack for 15 minutes.

Cut into squares and serve

Nutrition Facts



Properties

Glycemic Index:13.76, Glycemic Load:11.67, Inflammation Score:-3, Nutrition Score:7.0095652173913%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Catechin: 0.85mg, Catechin: 0.85mg, Catechin: 0.85mg, Catechin: 0.85mg Epicatechin: 2.73mg, Epicatechin: 2.73mg, Epicatechin: 2.73mg, Epicatechin: 2.73mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Taste

Sweetness: 100%, Saltiness: 23.05%, Sourness: 4.02%, Bitterness: 8.5%, Savoriness: 15.27%, Fattiness: 63.21%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 233.07kcal (11.65%), Fat: 11.59g (17.83%), Saturated Fat: 3.74g (23.38%), Carbohydrates: 28.6g (9.53%), Net Carbohydrates: 24.6g (8.94%), Sugar: 15.8g (17.55%), Cholesterol: 48.92mg (16.31%), Sodium: 246.02mg (10.7%), Caffeine: 28.6mg (9.53%), Protein: 5.36g (10.72%), Manganese: 0.44mg (22.14%), Fiber: 4g (15.99%), Copper: 0.3mg (14.96%), Phosphorus: 111.46mg (11.15%), Magnesium: 43.2mg (10.8%), Folate: 42.18µg (10.55%), Iron: 1.9mg (10.53%), Selenium: 6.52µg (9.32%), Vitamin B1: 0.12mg (7.83%), Vitamin B2: 0.13mg (7.59%), Potassium: 234.37mg (6.7%), Zinc: 0.79mg (5.25%), Vitamin E: 0.67mg (4.44%), Vitamin B3: 0.86mg (4.29%), Vitamin B6: 0.07mg (3.56%), Calcium: 31.86mg (3.19%), Vitamin B5: 0.3mg (3.03%), Vitamin A: 126.95IU (2.54%), Vitamin K: 2.59µg (2.46%), Vitamin B12: 0.11µg (1.85%), Vitamin D: 0.26µg (1.75%), Vitamin C: 1.07mg (1.3%)