



Black Bean Brownies



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



40 min.

SERVINGS



9

CALORIES



103 kcal

Ingredients

- ☐ 2 bananas whole
- ☐ 15 ounces black beans drained and rinsed
- ☐ 1 tbsp cinnamon
- ☐ 0.3 cup oats instant
- ☐ 0.3 cup cocoa unsweetened
- ☐ 1 tsp vanilla extract

Equipment

- ☐ food processor
- ☐ frying pan

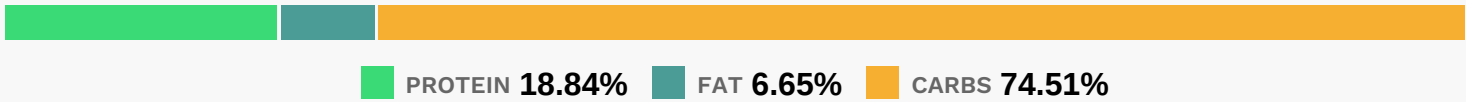
- ☐ oven
- ☐ blender
- ☐ toothpicks

Directions

- ☐ Preheat oven to 350 F. Grease an 8x8" pan and set aside.
- ☐ Combine all ingredients, except oats, in a food processor or blender and blend until smooth, scrapping sides as needed. Stir in the oats and pour batter into the pan.
- ☐ Bake approximately 30 minutes or until a toothpick inserted in the center comes out clean. Allow to cool before slicing. Chef's Note: if you find these brownies are too soft or too fudge-y, add another 1/4 cup oats or flour.

- ☐ Amount Per Serving
- ☐ Calories
- ☐ Fat
- ☐ 90g
- ☐ Carbohydrate
- ☐ 70gDietary Fiber4.80gSugars12.20gProtein3.50g

Nutrition Facts



Properties

Glycemic Index:14.42, Glycemic Load:5.56, Inflammation Score:-4, Nutrition Score:7.245217324599%

Flavonoids

Catechin: 3.15mg, Catechin: 3.15mg, Catechin: 3.15mg, Catechin: 3.15mg Epicatechin: 4.7mg, Epicatechin: 4.7mg, Epicatechin: 4.7mg, Epicatechin: 4.7mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 103.17kcal (5.16%), Fat: 0.83g (1.27%), Saturated Fat: 0.32g (1.97%), Carbohydrates: 20.85g (6.95%), Net Carbohydrates: 14.48g (5.27%), Sugar: 3.34g (3.71%), Cholesterol: 0mg (0%), Sodium: 1.5mg (0.07%), Alcohol: 0.16g (100%), Alcohol %: 0.26% (100%), Caffeine: 5.49mg (1.83%), Protein: 5.27g (10.54%), Manganese: 0.61mg (30.32%),

Fiber: 6.36g (25.46%), Folate: 77.18µg (19.3%), Magnesium: 55.76mg (13.94%), Copper: 0.22mg (11.09%),
Phosphorus: 99.27mg (9.93%), Vitamin B1: 0.14mg (9.06%), Potassium: 310.5mg (8.87%), Iron: 1.56mg (8.67%),
Vitamin B6: 0.14mg (6.77%), Zinc: 0.83mg (5.53%), Vitamin B2: 0.06mg (3.36%), Vitamin C: 2.31mg (2.81%),
Calcium: 27.03mg (2.7%), Selenium: 1.85µg (2.64%), Vitamin B3: 0.5mg (2.52%), Vitamin B5: 0.24mg (2.36%)