



Brownie Bites



Vegetarian



Dairy Free

READY IN



13 min.

SERVINGS



24

CALORIES



55 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons cooking oil
- ☐ 0.3 cup cacao nibs
- ☐ 4 large egg whites
- ☐ 0.5 cup self raising flour
- ☐ 0.7 cup sugar
- ☐ 3 tablespoons cocoa powder unsweetened

Equipment

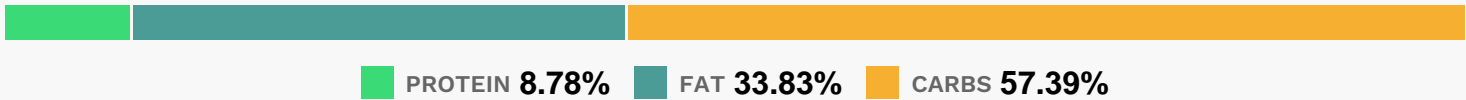
- ☐ bowl

- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ muffin liners
- ☐ measuring cup

Directions

- ☐ Preheat oven to 40
- ☐ Lightly spoon flour into a dry measuring cup; level with a knife.
- ☐ Combine flour, sugar, and cocoa in a medium bowl, stirring with a whisk.
- ☐ Whisk egg whites until foamy in a separate bowl.
- ☐ Add oil and liqueur, if desired, stirring with a whisk.
- ☐ Add egg white mixture to flour mixture, stirring just until moistened. Fold in cocoa nibs. Spoon batter evenly into 24 miniature muffin cups coated with cooking spray.
- ☐ Sprinkle batter evenly with almonds, if desired.
- ☐ Bake at 400 for 8 minutes.
- ☐ Remove from pans; cool on wire racks.
- ☐ Sprinkle with powdered sugar, if desired.

Nutrition Facts



Properties

Glycemic Index:5.71, Glycemic Load:5.1, Inflammation Score:0, Nutrition Score:0.79782608248617%

Flavonoids

Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg Epicatechin: 1.23mg, Epicatechin: 1.23mg, Epicatechin: 1.23mg, Epicatechin: 1.23mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 54.62kcal (2.73%), Fat: 2.13g (3.27%), Saturated Fat: 0.69g (4.31%), Carbohydrates: 8.11g (2.7%), Net Carbohydrates: 7.61g (2.77%), Sugar: 5.62g (6.24%), Cholesterol: 0mg (0%), Sodium: 9.37mg (0.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.24g (2.48%), Selenium: 2.26µg (3.22%), Manganese: 0.05mg (2.27%), Fiber: 0.51g (2.03%), Vitamin B2: 0.03mg (1.66%), Magnesium: 6.47mg (1.62%), Copper: 0.03mg (1.5%), Vitamin E: 0.22mg (1.43%)