



## Carob Fudge Brownies

 Vegetarian

READY IN



545 min.

SERVINGS



48

CALORIES



72 kcal

DESSERT

### Ingredients

- 2 teaspoons double-acting baking powder
- 1 cup cocoa / carob powder
- 2 eggs
- 0.5 cup heavy cream
- 1.5 cups honey
- 1 teaspoon salt
- 2 cups rice flour whole
- 1 cup strong vanilla hazelnut tea brewed yogi® (such as )

0.5 cup vegetable oil

## Equipment

bowl

oven

baking pan

toothpicks

## Directions

Preheat an oven to 350 degrees F (175 degrees C).

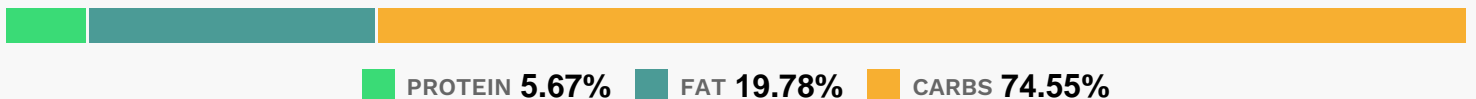
Mix the spelt flour, carob powder, salt, and baking powder together in a large bowl.

Stir the honey, brewed tea, cream, vegetable oil, and eggs together in a separate bowl.

Add the honey mixture into the flour mixture, and stir to thoroughly combine; pour into an 8x11-inch baking dish.

Bake in the preheated oven until a toothpick inserted into the center comes out gummy rather than wet, about 45 minutes. Allow to cool before refrigerating overnight for best results.

## Nutrition Facts



## Properties

Glycemic Index:3.01, Glycemic Load:4.59, Inflammation Score:-1, Nutrition Score:1.0491304423498%

## Flavonoids

Catechin: 1.16mg, Catechin: 1.16mg, Catechin: 1.16mg, Catechin: 1.16mg Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Epicatechin 3-gallate: 0.93mg, Epicatechin 3-gallate: 0.93mg, Epicatechin 3-gallate: 0.93mg, Epicatechin 3-gallate: 0.93mg Epigallocatechin 3-gallate: 2.81mg, Epigallocatechin 3-gallate: 2.81mg, Epigallocatechin 3-gallate: 2.81mg, Epigallocatechin 3-gallate: 2.81mg Theaflavin: 0.08mg, Theaflavin: 0.08mg, Theaflavin: 0.08mg, Theaflavin: 0.08mg Thearubigins: 4mg, Thearubigins: 4mg, Thearubigins: 4mg, Thearubigins: 4mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg

Quercetin: 0.94mg Theaflavin-3,3'-digallate: 0.09mg, Theaflavin-3,3'-digallate: 0.09mg, Theaflavin-3,3'-digallate: 0.09mg, Theaflavin-3,3'-digallate: 0.09mg, Theaflavin-3,3'-digallate: 0.09mg Theaflavin-3'-gallate: 0.07mg, Theaflavin-3'-gallate: 0.07mg, Theaflavin-3'-gallate: 0.07mg, Theaflavin-3'-gallate: 0.07mg Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg

## **Nutrients (% of daily need)**

Calories: 72.17kcal (3.61%), Fat: 1.7g (2.62%), Saturated Fat: 0.7g (4.37%), Carbohydrates: 14.45g (4.82%), Net Carbohydrates: 12.91g (4.69%), Sugar: 9.83g (10.92%), Cholesterol: 9.62mg (3.21%), Sodium: 70.88mg (3.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.1g (2.2%), Fiber: 1.54g (6.17%), Iron: 0.4mg (2.23%), Calcium: 20.59mg (2.06%), Vitamin B2: 0.03mg (1.63%), Manganese: 0.03mg (1.54%), Selenium: 0.84µg (1.19%), Phosphorus: 10.89mg (1.09%)