



Chickpea Brownie Bites

 Gluten Free

READY IN



45 min.

SERVINGS



36

CALORIES



88 kcal

DESSERT

Ingredients

- ☐ 1 cup agave nectar (or honey)
- ☐ 15 oz chickpeas drained canned
- ☐ 0.3 cup natural cocoa powder
- ☐ 2 eggs cold
- ☐ 0.3 tsp salt
- ☐ 0.5 cup semi-sweet chocolate chips plus more if needed
- ☐ 4 ounces butter unsalted
- ☐ 4 oz chocolate unsweetened chopped

☐ 1 tbsp vanilla

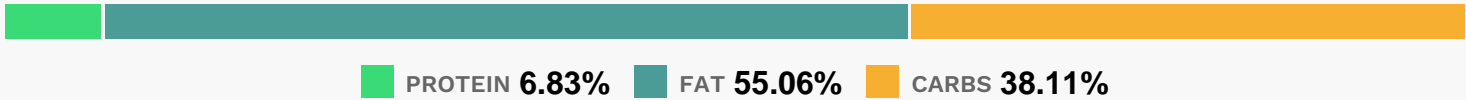
Equipment

- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ mixing bowl
- ☐ toothpicks
- ☐ microwave
- ☐ muffin liners

Directions

- ☐ Preheat oven to 325 degrees. Line 36 mini muffin cups with paper liners. If you are halving the recipe, use 18.Melt the butter in a large microwave–safe mixing bowl for about a minute or until melted and very hot.
- ☐ Add the chocolate and stir until it melts. If it doesn’t melt, microwave butter and chocolate together for another 30 seconds and stir. Stir the cocoa into the melted chocolate mixture.In a food processor, puree the chickpeas, agave and salt until smooth.
- ☐ Add the eggs and vanilla and process until smooth.
- ☐ Pour the chickpea mixture into the bowl of melted chocolate and stir until blended. Make sure it’s sufficiently cool, then stir in chocolate chips.Spoon batter into mini muffin cups dividing equally among the 3
- ☐ Bake at 325 F for 20 minutes or until brownies appear set and a toothpick inserted comes out with moist crumbs rather than batter.
- ☐ Let cool completely.

Nutrition Facts



Properties

Glycemic Index:1.54, Glycemic Load:1.13, Inflammation Score:-2, Nutrition Score:3.0600000127502%

Flavonoids

Catechin: 2.41mg, Catechin: 2.41mg, Catechin: 2.41mg, Catechin: 2.41mg Epicatechin: 5.64mg, Epicatechin: 5.64mg, Epicatechin: 5.64mg, Epicatechin: 5.64mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 87.68kcal (4.38%), Fat: 5.71g (8.78%), Saturated Fat: 3.32g (20.76%), Carbohydrates: 8.89g (2.96%), Net Carbohydrates: 7.42g (2.7%), Sugar: 5.14g (5.72%), Cholesterol: 16.01mg (5.34%), Sodium: 54.21mg (2.36%), Alcohol: 0.12g (100%), Alcohol %: 0.52% (100%), Caffeine: 5.98mg (1.99%), Protein: 1.59g (3.19%), Manganese: 0.28mg (14.25%), Copper: 0.18mg (8.8%), Fiber: 1.47g (5.88%), Iron: 0.98mg (5.44%), Magnesium: 21.21mg (5.3%), Phosphorus: 38.43mg (3.84%), Vitamin B6: 0.08mg (3.84%), Zinc: 0.53mg (3.5%), Selenium: 1.67µg (2.38%), Potassium: 70.92mg (2.03%), Vitamin K: 2.1µg (2%), Vitamin A: 94.9IU (1.9%), Vitamin B2: 0.03mg (1.78%), Folate: 7.1µg (1.78%), Vitamin C: 1.05mg (1.27%), Vitamin E: 0.19mg (1.24%), Vitamin B1: 0.02mg (1.22%), Calcium: 11.82mg (1.18%)