



12%
HEALTH SCORE

Chickpea Pb&j 'blondies'

 Vegetarian  Dairy Free

READY IN



35 min.

SERVINGS



8

CALORIES



295 kcal

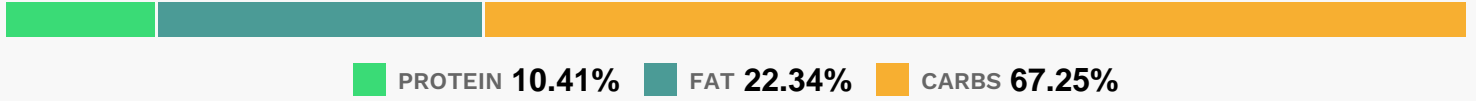
SIDE DISH

Ingredients

- 0.5 teaspoon double-acting baking powder
- 15 ounces chickpeas cooked ()
- 0.3 cup crunchy peanut butter
- 0.3 cup ground flaxseed
- 0.5 cup honey
- 0.5 cup raspberry jam
- 2 tablespoons rice flour
- 2 teaspoons vanilla extract

Equipment

Nutrition Facts



Properties

Glycemic Index:32.13, Glycemic Load:19.83, Inflammation Score:-4, Nutrition Score:9.9017391304348%

Nutrients (% of daily need)

Calories: 295.36kcal (14.77%), Fat: 7.59g (11.68%), Saturated Fat: 0.94g (5.88%), Carbohydrates: 51.43g (17.14%), Net Carbohydrates: 44.85g (16.31%), Sugar: 31.13g (34.59%), Cholesterol: 0mg (0%), Sodium: 78.7mg (3.42%), Alcohol: 0.34g (1.91%), Protein: 7.96g (15.91%), Manganese: 0.84mg (42.23%), Folate: 105.96µg (26.49%), Fiber: 6.58g (26.31%), Copper: 0.32mg (16.22%), Phosphorus: 157.54mg (15.75%), Magnesium: 59.48mg (14.87%), Iron: 2.29mg (12.71%), Vitamin B1: 0.16mg (10.38%), Zinc: 1.32mg (8.77%), Potassium: 284.31mg (8.12%), Vitamin B3: 1.58mg (7.88%), Vitamin B6: 0.14mg (7.04%), Selenium: 4.49µg (6.42%), Calcium: 62.75mg (6.27%), Vitamin E: 0.74mg (4.9%), Vitamin B2: 0.08mg (4.45%), Vitamin C: 2.7mg (3.27%), Vitamin B5: 0.31mg (3.1%), Vitamin K: 2.38µg (2.27%)