



Chocolate Protein Balls



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



10

CALORIES



195 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons chia seeds
- ☐ 1 tablespoon chocolate-flavored protein powder to taste
- ☐ 0.3 cup chocolate dark chopped
- ☐ 2 tablespoons flax seeds
- ☐ 0.3 cup honey
- ☐ 0.5 cup natural peanut butter
- ☐ 1 cup rolled oats

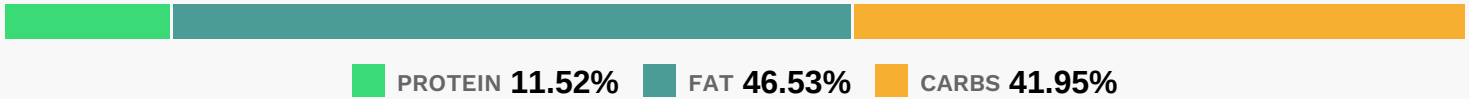
Equipment

- ☐ bowl
- ☐ plastic wrap

Directions

- ☐ Stir oats, peanut butter, honey, chocolate, flax seeds, chia seeds, and protein powder together in a bowl until evenly mixed. Cover bowl with plastic wrap and refrigerate for 30 minutes.
- ☐ Scoop chilled mixture into balls. Keep cold until serving.

Nutrition Facts



Properties

Glycemic Index:16.13, Glycemic Load:7.4, Inflammation Score:-3, Nutrition Score:7.9804348114716%

Nutrients (% of daily need)

Calories: 195.13kcal (9.76%), Fat: 10.65g (16.38%), Saturated Fat: 2.66g (16.62%), Carbohydrates: 21.6g (7.2%), Net Carbohydrates: 18.09g (6.58%), Sugar: 11.83g (13.15%), Cholesterol: 1.78mg (0.59%), Sodium: 63.9mg (2.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 3.5mg (1.17%), Protein: 5.93g (11.87%), Manganese: 0.69mg (34.63%), Vitamin B3: 2.96mg (14.82%), Magnesium: 59.07mg (14.77%), Fiber: 3.52g (14.06%), Phosphorus: 124.38mg (12.44%), Vitamin B1: 0.17mg (11.07%), Copper: 0.21mg (10.69%), Vitamin E: 1.25mg (8.36%), Vitamin B6: 0.16mg (8.08%), Iron: 1.44mg (7.98%), Selenium: 5.09µg (7.28%), Vitamin B2: 0.12mg (7.19%), Vitamin B5: 0.69mg (6.85%), Zinc: 0.99mg (6.59%), Potassium: 176mg (5.03%), Calcium: 44.12mg (4.41%), Vitamin B12: 0.26µg (4.32%), Folate: 16.83µg (4.21%)