



Fudgy Raw Vegan Brownies



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



412 kcal

Ingredients

- ☐ 0.5 cup cocoa powder
- ☐ 9 dates
- ☐ 0.5 cup cranberries dried
- ☐ 1 Tbs vanilla beans
- ☐ 1.5 cup walnuts

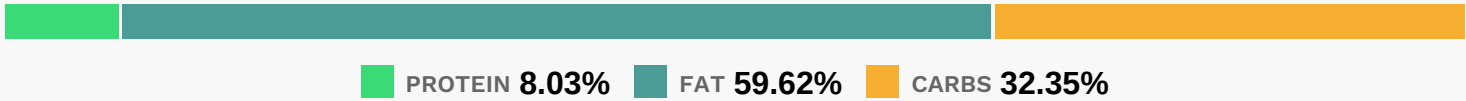
Equipment

- ☐ food processor
- ☐ frying pan

Directions

- ☐ Mix all ingredients in food processor until smooth.
- ☐ Place in square glass pan and smooth it out.Put in fridge overnight. Consistency is thick—almost like fudge.

Nutrition Facts



Properties

Glycemic Index:18, Glycemic Load:6.1, Inflammation Score:-6, Nutrition Score:16.028260812163%

Flavonoids

Cyanidin: 1.55mg, Cyanidin: 1.55mg, Cyanidin: 1.55mg, Cyanidin: 1.55mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Catechin: 6.97mg, Catechin: 6.97mg, Catechin: 6.97mg, Catechin: 6.97mg Epicatechin: 21.12mg, Epicatechin: 21.12mg, Epicatechin: 21.12mg, Epicatechin: 21.12mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 1.9mg, Quercetin: 1.9mg, Quercetin: 1.9mg, Quercetin: 1.9mg

Nutrients (% of daily need)

Calories: 411.89kcal (20.59%), Fat: 30.31g (46.63%), Saturated Fat: 3.58g (22.35%), Carbohydrates: 37g (12.33%), Net Carbohydrates: 28.02g (10.19%), Sugar: 22.73g (25.26%), Cholesterol: 0mg (0%), Sodium: 4.5mg (0.2%), Alcohol: 1.12g (100%), Alcohol %: 1.6% (100%), Caffeine: 24.73mg (8.24%), Protein: 9.19g (18.38%), Manganese: 2mg (99.96%), Copper: 1.15mg (57.47%), Fiber: 8.98g (35.92%), Magnesium: 130.73mg (32.68%), Phosphorus: 241.88mg (24.19%), Iron: 2.99mg (16.64%), Zinc: 2.15mg (14.35%), Vitamin B6: 0.28mg (14.04%), Potassium: 472.44mg (13.5%), Folate: 49.43µg (12.36%), Vitamin B1: 0.17mg (11.23%), Calcium: 64.62mg (6.46%), Vitamin B2: 0.11mg (6.44%), Selenium: 4.25µg (6.07%), Vitamin B3: 1.02mg (5.11%), Vitamin E: 0.64mg (4.29%), Vitamin B5: 0.4mg (4.04%), Vitamin K: 3.03µg (2.89%)