



Fudgy Flourless Brownies



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



15

CALORIES



103 kcal

DESSERT

Ingredients

- ☐ 0.3 cup vanilla almond milk unsweetened
- ☐ 0.5 cup almonds sliced
- ☐ 0.5 teaspoon baking soda
- ☐ 2 tablespoons chocolate chips mini
- ☐ 2 large egg whites
- ☐ 0.5 cup medjool dates packed pitted
- ☐ 2 tablespoons olive oil extra virgin extra-virgin
- ☐ 0.3 teaspoon salt

- ☐ 0.5 cup sugar
- ☐ 1 ounce baker's chocolate unsweetened chopped
- ☐ 0.5 cup cocoa powder unsweetened
- ☐ 1 teaspoon vanilla extract

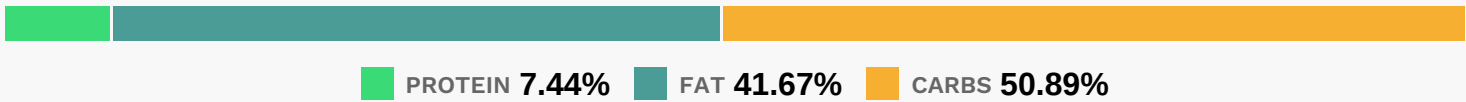
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ baking pan
- ☐ toothpicks
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 325F. Line an 8-inch square pan with foil, allowing a 1-inch overhang. Coat with cooking spray.
- ☐ In a food processor, blend almonds, cocoa, sugar, chocolate, baking soda and salt until ground. Pulse in dates, almond milk, oil and vanilla until a smooth paste forms.
- ☐ Beat egg whites until medium peaks form. Stir in one-third of almond mixture, then fold in remaining mixture.
- ☐ Spread in baking pan and sprinkle with chocolate chips, if desired.
- ☐ Bake until a toothpick inserted 1 inch from edge comes out almost clean, about 30 minutes.
- ☐ Let cool in pan on a wire rack.

Nutrition Facts



Properties

Glycemic Index:5.34, Glycemic Load:4.68, Inflammation Score:-2, Nutrition Score:3.5091304080156%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Catechin: 3.11mg, Catechin: 3.11mg, Catechin: 3.11mg, Catechin: 3.11mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 8.33mg, Epicatechin: 8.33mg, Epicatechin: 8.33mg, Epicatechin: 8.33mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 103.18kcal (5.16%), Fat: 5.33g (8.2%), Saturated Fat: 1.51g (9.41%), Carbohydrates: 14.65g (4.88%), Net Carbohydrates: 12.5g (4.54%), Sugar: 11.43g (12.7%), Cholesterol: 0.3mg (0.1%), Sodium: 90.58mg (3.94%), Alcohol: 0.09g (100%), Alcohol %: 0.36% (100%), Caffeine: 8.11mg (2.7%), Protein: 2.14g (4.28%), Manganese: 0.27mg (13.74%), Copper: 0.22mg (11.04%), Fiber: 2.15g (8.61%), Magnesium: 31.93mg (7.98%), Vitamin E: 1.06mg (7.1%), Iron: 0.93mg (5.15%), Phosphorus: 47.07mg (4.71%), Vitamin B2: 0.07mg (3.97%), Potassium: 123.57mg (3.53%), Zinc: 0.5mg (3.31%), Calcium: 24.73mg (2.47%), Selenium: 1.61µg (2.3%), Vitamin K: 1.51µg (1.44%), Vitamin B3: 0.28mg (1.42%), Vitamin B6: 0.02mg (1.03%)