



Fun With Raw Foods



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



16 min.

SERVINGS



3

CALORIES



193 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup almonds
- ☐ 3 ounces dates pitted (14, if you don't have a scale)
- ☐ 1 tablespoon prune purée
- ☐ 1 tablespoon cooking oats quick
- ☐ 2 teaspoons cocoa powder unsweetened

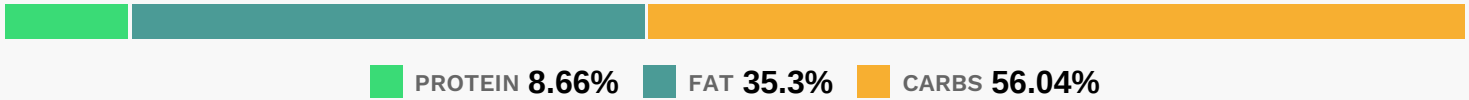
Equipment

- ☐ food processor
- ☐ bowl

Directions

- ☐ Place almonds in food processor and process into crumbs.
- ☐ Pour into a bowl.
- ☐ Place dates in processor and process as much as possible.
- ☐ Add almond crumbs back into processor and process until well mixed.
- ☐ Add cocoa, prune puree and oats. Process a little more, then dump into a bowl and knead until ingredients stick together. Shape into a rectangle. If it's too sticky, knead in some more almonds or oats. Slice into about 3 bars or press into a square and cut out cute shapes.

Nutrition Facts



Properties

Glycemic Index:52, Glycemic Load:11.6, Inflammation Score:-4, Nutrition Score:7.9843477989021%

Flavonoids

Cyanidin: 0.91mg, Cyanidin: 0.91mg, Cyanidin: 0.91mg, Cyanidin: 0.91mg Catechin: 0.64mg, Catechin: 0.64mg, Catechin: 0.64mg, Catechin: 0.64mg Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg Epicatechin: 1.4mg, Epicatechin: 1.4mg, Epicatechin: 1.4mg, Epicatechin: 1.4mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Isorhamnetin: 0.42mg, Isorhamnetin: 0.42mg, Isorhamnetin: 0.42mg, Isorhamnetin: 0.42mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 192.71kcal (9.64%), Fat: 8.29g (12.75%), Saturated Fat: 0.69g (4.33%), Carbohydrates: 29.59g (9.86%), Net Carbohydrates: 24.55g (8.93%), Sugar: 20.58g (22.87%), Cholesterol: 0mg (0%), Sodium: 1.02mg (0.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.58g (9.15%), Manganese: 0.56mg (28.18%), Vitamin E: 4.12mg (27.45%), Fiber: 5.04g (20.15%), Magnesium: 65.84mg (16.46%), Copper: 0.27mg (13.43%), Vitamin B2: 0.21mg (12.53%), Phosphorus: 111.46mg (11.15%), Potassium: 355.81mg (10.17%), Iron: 1.11mg (6.17%), Calcium: 57.71mg (5.77%), Vitamin B3: 1.06mg (5.29%), Zinc: 0.71mg (4.73%), Vitamin B1: 0.06mg (4.08%), Vitamin B6: 0.08mg (4.07%), Vitamin K: 3.78µg (3.6%), Folate: 13.43µg (3.36%), Selenium: 2.29µg (3.27%), Vitamin B5: 0.28mg (2.78%)