



Gluten-Free Brownies



Gluten Free



Low Fod Map

READY IN



15 min.

SERVINGS



15

CALORIES



213 kcal

DESSERT

Ingredients

- ☐ 0.5 cup almond flour
- ☐ 0.3 teaspoon baking soda
- ☐ 5 ounces bittersweet chocolate chopped
- ☐ 0.3 cup brown rice flour
- ☐ 0.3 teaspoon cinnamon
- ☐ 3 large eggs at room temperature
- ☐ 1 cup brown sugar light packed
- ☐ 0.5 teaspoon salt

- ☐ 8 tablespoons butter unsalted cut into pieces
- ☐ 3 tablespoons cocoa powder unsweetened
- ☐ 2 teaspoons vanilla extract

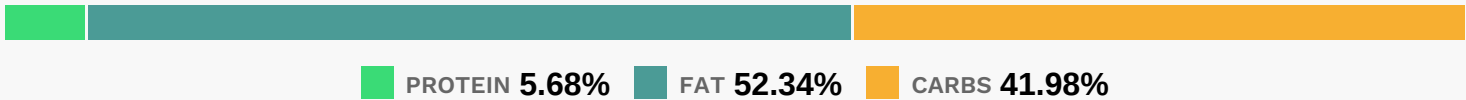
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ hand mixer
- ☐ toothpicks
- ☐ muffin tray

Directions

- ☐ Preheat oven to 350F. Mist a 12-cup muffin tin and 4 cups of a 6-cup tin with gluten-free cooking spray.
- ☐ In a bowl, whisk rice flour, almond meal, baking soda, salt and cinnamon.
- ☐ Place chocolate and butter in a heatproof bowl; set over a pan of simmering water.
- ☐ Let stand until chocolate and butter have melted, stirring often.
- ☐ Remove from heat; whisk in cocoa.
- ☐ In a large bowl, using an electric mixer, beat eggs and sugar on medium speed until smooth. Beat in vanilla. Slowly add chocolate mixture; beat on low for 1 minute. Beat in flour mixture.
- ☐ Fill each muffin cup 2/3 full.
- ☐ Bake until a toothpick stuck into middle of a brownie comes out clean, about 15 minutes.
- ☐ Let cool in pans on a wire rack for 5 minutes, then remove to rack to cool completely.

Nutrition Facts



Properties

Glycemic Index:0.33, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:3.9734782602476%

Flavonoids

Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg Epicatechin: 1.96mg, Epicatechin: 1.96mg, Epicatechin: 1.96mg, Epicatechin: 1.96mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 212.83kcal (10.64%), Fat: 12.69g (19.52%), Saturated Fat: 6.46g (40.35%), Carbohydrates: 22.9g (7.63%), Net Carbohydrates: 21.24g (7.72%), Sugar: 17.98g (19.97%), Cholesterol: 53.82mg (17.94%), Sodium: 116.3mg (5.06%), Alcohol: 0.18g (100%), Alcohol %: 0.47% (100%), Caffeine: 10.43mg (3.48%), Protein: 3.1g (6.2%), Manganese: 0.29mg (14.45%), Copper: 0.18mg (8.89%), Magnesium: 27.33mg (6.83%), Iron: 1.21mg (6.75%), Fiber: 1.66g (6.64%), Phosphorus: 63.02mg (6.3%), Selenium: 4.26µg (6.08%), Vitamin A: 245.42IU (4.91%), Calcium: 35.27mg (3.53%), Zinc: 0.52mg (3.5%), Vitamin B2: 0.06mg (3.41%), Potassium: 112.44mg (3.21%), Vitamin B5: 0.25mg (2.54%), Vitamin E: 0.37mg (2.45%), Vitamin B6: 0.05mg (2.36%), Vitamin D: 0.31µg (2.08%), Vitamin B12: 0.12µg (1.98%), Vitamin B3: 0.3mg (1.49%), Folate: 5.81µg (1.45%), Vitamin B1: 0.02mg (1.33%), Vitamin K: 1.27µg (1.21%)