



Gluten-Free Chocolate Cake Brownies with Homemade Chocolate Syrup

 Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



12

CALORIES



313 kcal

DESSERT

Ingredients

- ☐ 0.5 cup amaranth flour organic
- ☐ 2 teaspoons double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 1.5 cups brown rice flour organic
- ☐ 0.8 cup canola oil organic
- ☐ 1 cup cocoa powder organic
- ☐ 0.3 cup flaxseed meal

- ☐ 0.8 cup honey for vegan (or agave nectar)
- ☐ 1.3 cups rice milk organic
- ☐ 0.8 teaspoon sea salt
- ☐ 0.5 cup chocolate baking chips
- ☐ 2 teaspoons vanilla
- ☐ 1 cup walnuts organic finely minced for nut-free (omit)

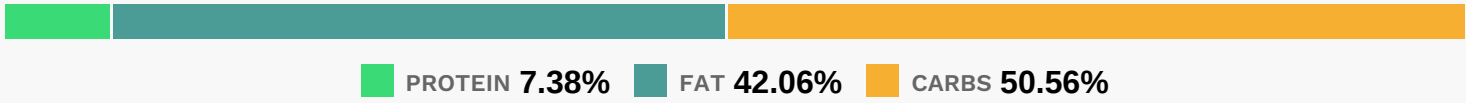
Equipment

- ☐ frying pan
- ☐ oven
- ☐ mixing bowl

Directions

- ☐ Preheat oven to 350°F. Grease 9×13–inch pan with canola spray.In a large mixing bowl, combine oil, honey, rice milk, flaxseed, and vanilla (add in order), and mix for 2 minutes on medium high speed.Gradually blend in brown rice flour, amaranth flour, and cocoa powder (add in order), and mix on medium speed, scraping bowl occasionally.
- ☐ Add baking soda, salt, and baking powder (in order), and mix on medium high speed for 1 minute.Stir in walnuts and chocolate chips.
- ☐ Pour into prepared pan and bake for 18 to 20 minutes. Cool for 1 hour.

Nutrition Facts



Properties

Glycemic Index:19.83, Glycemic Load:3.95, Inflammation Score:-5, Nutrition Score:12.755217566438%

Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg Catechin: 4.65mg, Catechin: 4.65mg, Catechin: 4.65mg, Catechin: 4.65mg Epicatechin: 14.08mg, Epicatechin: 14.08mg, Epicatechin: 14.08mg, Epicatechin: 14.08mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 312.87kcal (15.64%), Fat: 15.56g (23.94%), Saturated Fat: 3.35g (20.92%), Carbohydrates: 42.08g (14.03%), Net Carbohydrates: 35.84g (13.03%), Sugar: 13.93g (15.48%), Cholesterol: 0.45mg (0.15%), Sodium: 323.3mg (14.06%), Alcohol: 0.23g (100%), Alcohol %: 0.27% (100%), Caffeine: 22.93mg (7.64%), Protein: 6.14g (12.29%), Manganese: 1.59mg (79.26%), Copper: 0.61mg (30.41%), Magnesium: 99.95mg (24.99%), Fiber: 6.23g (24.94%), Phosphorus: 208.58mg (20.86%), Iron: 2.77mg (15.42%), Vitamin B1: 0.2mg (13.35%), Vitamin B6: 0.26mg (12.84%), Zinc: 1.62mg (10.79%), Vitamin B3: 1.78mg (8.9%), Calcium: 82.53mg (8.25%), Potassium: 280.33mg (8.01%), Vitamin E: 0.99mg (6.61%), Vitamin K: 6.22µg (5.92%), Folate: 22.03µg (5.51%), Vitamin B2: 0.08mg (4.71%), Selenium: 3.22µg (4.59%), Vitamin B5: 0.44mg (4.44%), Vitamin C: 2.66mg (3.23%)