



Healthy Mega Chocolate Fudge Bars



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



10 min.

SERVINGS



8

CALORIES



160 kcal

Ingredients

- ☐ 140 grams cashew pieces
- ☐ 0.3 cup cocoa powder to taste
- ☐ 1 tablespoon warm coconut oil melted
- ☐ 16 dates (approximately 320 grams)
- ☐ 0.1 teaspoon salt to taste
- ☐ 1 teaspoon vanilla extract

Equipment

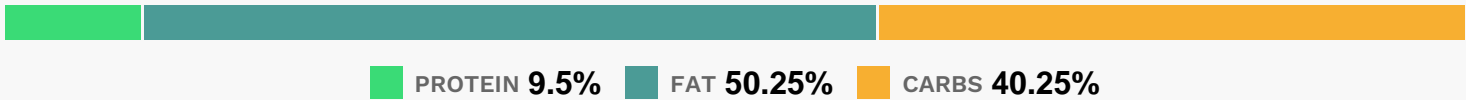
- ☐ food processor
- ☐ bowl

- ☐ baking paper
- ☐ cutting board

Directions

- ☐ Grind the cashews in your spice grinder or food processor. They will turn into a flour; if a few little chunks remain, not a problem – it will add some texture.
- ☐ Place the dates in a bowl or in your food processor with the oil and vanilla. Mash with a fork, or combine with a food processor.
- ☐ Add the ground cashews, cocoa powder, and salt, and mash or blend until everything is well-combined. Stir / press in the chips and/or nibs. Shape the mixture into balls or press it out onto a cutting board lined with parchment paper and gently cut into bars (big or small). Store the bars or balls in the refrigerator for one week (they will keep for the day in a lunch box), or the freezer for up to a few months.

Nutrition Facts



Properties

Glycemic Index:12.4, Glycemic Load:6.07, Inflammation Score:-4, Nutrition Score:6.7873912925791%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Catechin: 2.32mg, Catechin: 2.32mg, Catechin: 2.32mg, Catechin: 2.32mg Epicatechin: 7.04mg, Epicatechin: 7.04mg, Epicatechin: 7.04mg, Epicatechin: 7.04mg Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg

Nutrients (% of daily need)

Calories: 160.44kcal (8.02%), Fat: 9.95g (15.31%), Saturated Fat: 3.1g (19.37%), Carbohydrates: 17.94g (5.98%), Net Carbohydrates: 14.91g (5.42%), Sugar: 10.04g (11.15%), Cholesterol: 0mg (0%), Sodium: 21.35mg (0.93%), Alcohol: 0.17g (100%), Alcohol %: 0.58% (100%), Caffeine: 8.24mg (2.75%), Protein: 4.23g (8.47%), Copper: 0.55mg (27.46%), Manganese: 0.47mg (23.25%), Magnesium: 75.06mg (18.77%), Phosphorus: 138.79mg (13.88%), Fiber: 3.02g (12.09%), Iron: 1.81mg (10.06%), Zinc: 1.3mg (8.65%), Potassium: 262.55mg (7.5%), Selenium: 4.41µg (6.31%), Vitamin K: 6.45µg (6.14%), Vitamin B1: 0.08mg (5.61%), Vitamin B6: 0.1mg (5.02%), Vitamin B5: 0.24mg (2.43%), Vitamin B3: 0.44mg (2.22%), Folate: 8.18µg (2.05%), Vitamin B2: 0.03mg (1.68%), Calcium: 16.61mg (1.66%), Vitamin E: 0.17mg (1.13%)