



Healthy Raspberry Protein Brownies



Vegetarian



Vegan



Dairy Free

READY IN



40 min.

SERVINGS



16

CALORIES



154 kcal

Ingredients

- ☐ 30 ounce black beans drained and rinsed low-sodium canned
- ☐ 1 cup dates pitted
- ☐ 1 cup all-fruit raspberry jam
- ☐ 0.3 teaspoon sea salt
- ☐ 1 cup cocoa powder unsweetened
- ☐ 1 tablespoon vanilla extract pure
- ☐ 0.3 cup pastry flour whole-wheat

Equipment

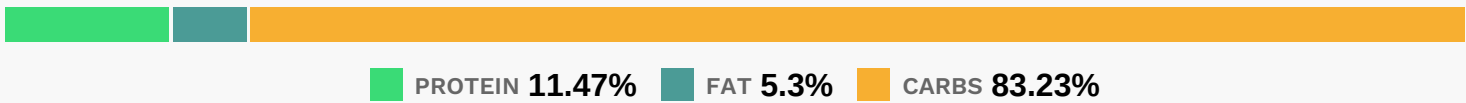
- ☐ food processor

- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ spatula

Directions

- ☐ Preheat your oven to 350°F and grease an 8x8-inch baking pan.
- ☐ Combine the black beans, dates, jam, and vanilla in a food processor and process until smooth.
- ☐ Add the flour, cocoa powder, and salt and process again.
- ☐ Pour into the prepared pan and smooth the top with a spatula.
- ☐ Bake for 30 minutes or until the top looks set.
- ☐ Remove from the oven and cool completely, then cut into 16 squares. The brownies will keep, refrigerated in a covered container, for up to 1 week.

Nutrition Facts



Properties

Glycemic Index:6.69, Glycemic Load:11.13, Inflammation Score:-4, Nutrition Score:6.988260862458%

Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg Catechin: 3.48mg, Catechin: 3.48mg, Catechin: 3.48mg, Catechin: 3.48mg Epicatechin: 10.56mg, Epicatechin: 10.56mg, Epicatechin: 10.56mg, Epicatechin: 10.56mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

Nutrients (% of daily need)

Calories: 154.33kcal (7.72%), Fat: 0.99g (1.52%), Saturated Fat: 0.49g (3.04%), Carbohydrates: 34.9g (11.63%), Net Carbohydrates: 28.07g (10.21%), Sugar: 16.34g (18.15%), Cholesterol: 0mg (0%), Sodium: 248.68mg (10.81%), Alcohol: 0.28g (100%), Alcohol %: 0.39% (100%), Caffeine: 12.36mg (4.12%), Protein: 4.81g (9.62%), Fiber: 6.83g (27.3%), Manganese: 0.44mg (22.04%), Copper: 0.35mg (17.71%), Magnesium: 52.89mg (13.22%), Phosphorus: 113.34mg (11.33%), Iron: 2.02mg (11.24%), Folate: 39.05µg (9.76%), Potassium: 330.07mg (9.43%), Vitamin B1: 0.1mg (6.42%), Vitamin B2: 0.1mg (6.05%), Zinc: 0.74mg (4.95%), Selenium: 3.32µg (4.74%), Vitamin C: 3.34mg (4.05%), Calcium: 34.07mg (3.41%), Vitamin B3: 0.67mg (3.34%), Vitamin B6: 0.06mg (3.14%), Vitamin B5: 0.18mg (1.81%)