




 **10%**
HEALTH SCORE

Healthy Vegan Red Velvet Brownies


 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN




45 min.

SERVINGS



8

CALORIES



260 kcal

DESSERT

Ingredients

- 0.5 tsp almond extract
- 4 tablespoons apple sauce
- 0.8 tsp double-acting baking powder
- 0.1 tsp baking soda
- 0.5 cup beets cooked
- 0.8 cup brown sugar
- 0.8 cup brown sugar
- 0.5 cup cocoa powder

- 0.5 cup ground flaxseed
- 1 cup kidney beans red
- 0.1 tsp salt
- 1 tsp vanilla extract

Equipment

- food processor
- bowl
- frying pan
- oven
- toothpicks
- cookie cutter

Directions

- Preheat oven to 350 F. Spray an 8x8 inch pan with cooking spray. Set aside. In a food processor, puree kidney beans and beets.
- Transfer to a large bowl.
- Add remaining ingredients and mix by hand until smooth and fully combined. Fold batter into the greased pan.
- Bake for 35–40 minutes, turning the pan halfway through. When the brownies are done, test them with a toothpick. You want some batter to cling to the toothpick. Do not over bake.
- Let cool completely. Refrigerate for one hour.
- Cut into squares or use cookie cutters to make heart shapes.

Nutrition Facts



Properties

Glycemic Index:27.41, Glycemic Load:1.59, Inflammation Score:-5, Nutrition Score:8.8395652173913%

Flavonoids

Catechin: 3.54mg, Catechin: 3.54mg, Catechin: 3.54mg, Catechin: 3.54mg Epicatechin: 10.96mg, Epicatechin: 10.96mg, Epicatechin: 10.96mg, Epicatechin: 10.96mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 2.21mg, Quercetin: 2.21mg, Quercetin: 2.21mg, Quercetin: 2.21mg

Taste

Sweetness: 100%, Saltiness: 0.44%, Sourness: 0%, Bitterness: 0%, Savoriness: 0%, Fattiness: 12.2%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 259.81kcal (12.99%), Fat: 5.09g (7.83%), Saturated Fat: 0.82g (5.12%), Carbohydrates: 53.39g (17.8%), Net Carbohydrates: 46.71g (16.99%), Sugar: 41.71g (46.35%), Cholesterol: 0mg (0%), Sodium: 124.69mg (5.42%), Alcohol: 0.27g (1.5%), Caffeine: 12.36mg (4.12%), Protein: 5g (10%), Manganese: 0.62mg (30.91%), Fiber: 6.68g (26.71%), Magnesium: 82.08mg (20.52%), Copper: 0.41mg (20.38%), Phosphorus: 149.99mg (15%), Vitamin B1: 0.21mg (13.88%), Iron: 2.4mg (13.32%), Folate: 49.09µg (12.27%), Calcium: 99.92mg (9.99%), Potassium: 341.46mg (9.76%), Zinc: 1.08mg (7.21%), Selenium: 4.15µg (5.93%), Vitamin B6: 0.11mg (5.25%), Vitamin B3: 0.64mg (3.18%), Vitamin B2: 0.05mg (2.84%), Vitamin K: 2.48µg (2.36%), Vitamin B5: 0.23mg (2.32%)