

## Raw Brownies

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



180 kcal

DESSERT

### Ingredients

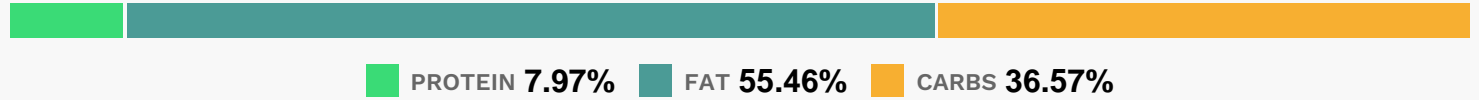
- 0.5 cup cocoa / carob powder
- 0.5 cup honey
- 1 cup rolled oats
- 0.3 cup sesame seed toasted
- 0.3 cup ground sunflower seeds
- 2 cups walnuts chopped

### Equipment

## Directions

- Combine the oats, carob powder, ground sesame seeds, ground sunflower seeds, honey and chopped nuts.
- Mix well and press into the bottom of one 8 inch square dish.
- Chill and cut into 2 inch squares to serve. These tend to be a little on the crumbly side.

## Nutrition Facts



## Properties

Glycemic Index:10.45, Glycemic Load:6.07, Inflammation Score:-3, Nutrition Score:7.0117392086464%

## Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg Catechin: 1.63mg, Catechin: 1.63mg, Catechin: 1.63mg, Catechin: 1.63mg Epicatechin 3-gallate: 0.97mg, Epicatechin 3-gallate: 0.97mg, Epicatechin 3-gallate: 0.97mg, Epicatechin 3-gallate: 0.97mg Epigallocatechin 3-gallate: 3.52mg, Epigallocatechin 3-gallate: 3.52mg, Epigallocatechin 3-gallate: 3.52mg, Epigallocatechin 3-gallate: 3.52mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg

## Nutrients (% of daily need)

Calories: 179.86kcal (8.99%), Fat: 12.13g (18.66%), Saturated Fat: 1.21g (7.57%), Carbohydrates: 17.99g (6%), Net Carbohydrates: 14.74g (5.36%), Sugar: 10.77g (11.97%), Cholesterol: 0mg (0%), Sodium: 2.59mg (0.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.92g (7.85%), Manganese: 0.81mg (40.33%), Copper: 0.41mg (20.4%), Fiber: 3.25g (13%), Magnesium: 47.08mg (11.77%), Phosphorus: 102.91mg (10.29%), Vitamin B1: 0.12mg (8.29%), Vitamin B6: 0.14mg (7.23%), Iron: 1.23mg (6.84%), Zinc: 0.98mg (6.5%), Selenium: 4.35µg (6.22%), Folate: 24.13µg (6.03%), Vitamin E: 0.89mg (5.91%), Calcium: 53.29mg (5.33%), Potassium: 139.44mg (3.98%), Vitamin B2: 0.06mg (3.64%), Vitamin B3: 0.57mg (2.87%), Vitamin B5: 0.17mg (1.74%)