

Raw Vegan Chocolate Nut Bars

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



9

CALORIES



193 kcal

SIDE DISH

Ingredients

- 0.3 cup smooth almond butter
- 2 tbsp almond flour
- 2 tbsp almonds sliced
- 1 tbsp cocoa powder
- 5 tbsp coconut oil
- 0.5 cup dates
- 3 tbsp maple syrup
- 0.3 cup peanuts

1 pinch salt

Equipment

Directions

Full recipe at [Because I Like Chocolate](#).

Nutrition Facts



PROTEIN 7% **FAT 66.47%** **CARBS 26.53%**

Properties

Glycemic Index:14.97, Glycemic Load:4.56, Inflammation Score:-2, Nutrition Score:5.2647825931401%

Flavonoids

Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg Catechin: 0.42mg, Catechin: 0.42mg, Catechin: 0.42mg, Catechin: 0.42mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 1.19mg, Epicatechin: 1.19mg, Epicatechin: 1.19mg, Epicatechin: 1.19mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 192.75kcal (9.64%), Fat: 15.35g (23.61%), Saturated Fat: 7.02g (43.88%), Carbohydrates: 13.79g (4.6%), Net Carbohydrates: 11.37g (4.13%), Sugar: 9.64g (10.71%), Cholesterol: 0mg (0%), Sodium: 6.6mg (0.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.63g (7.27%), Manganese: 0.5mg (25.18%), Vitamin E: 2.26mg (15.09%), Vitamin B2: 0.19mg (11.03%), Magnesium: 40.91mg (10.23%), Fiber: 2.42g (9.67%), Copper: 0.16mg (8.19%), Phosphorus: 71.17mg (7.12%), Vitamin B3: 1.07mg (5.34%), Potassium: 176.1mg (5.03%), Calcium: 48.94mg (4.89%), Folate: 16.14µg (4.03%), Iron: 0.72mg (4%), Zinc: 0.5mg (3.31%), Vitamin B1: 0.04mg (2.93%), Vitamin B6: 0.04mg (1.92%), Vitamin B5: 0.15mg (1.54%), Selenium: 0.88µg (1.26%)