

Raw Vegan Peanut Butter Pumpkin Bites

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



22

CALORIES



113 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 2 tbsp brown sugar
- 0.5 cup cranberries dried
- 0.3 cup currants dried
- 2 tbsp ground flaxseed
- 2 tbsp maple syrup
- 1.5 cup rolled oats
- 0.8 cup peanut butter
- 0.3 cup pumpkin seeds

0.3 cup sesame seed

Equipment

Directions

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

Nutrition Facts



PROTEIN 11.39% **FAT 47.83%** **CARBS 40.78%**

Properties

Glycemic Index:8.75, Glycemic Load:2.31, Inflammation Score:-2, Nutrition Score:4.5073912502469%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 112.98kcal (5.65%), Fat: 6.36g (9.79%), Saturated Fat: 1.16g (7.24%), Carbohydrates: 12.2g (4.07%), Net Carbohydrates: 10.58g (3.85%), Sugar: 6.17g (6.86%), Cholesterol: 0mg (0%), Sodium: 39.8mg (1.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.41g (6.82%), Manganese: 0.48mg (23.89%), Magnesium: 36.46mg (9.11%), Phosphorus: 78.14mg (7.81%), Copper: 0.15mg (7.64%), Vitamin B3: 1.41mg (7.04%), Fiber: 1.62g (6.47%), Vitamin E: 0.91mg (6.04%), Vitamin B1: 0.07mg (4.51%), Zinc: 0.66mg (4.42%), Iron: 0.79mg (4.37%), Selenium: 2.82µg (4.02%), Vitamin B6: 0.07mg (3.42%), Vitamin B2: 0.06mg (3.41%), Potassium: 108.26mg (3.09%), Folate: 12.14µg (3.03%), Calcium: 30.34mg (3.03%), Vitamin B5: 0.18mg (1.76%)