



Red Velvet Chocolate Squares

READY IN



45 min.

SERVINGS



12

CALORIES



92 kcal

SIDE DISH

Ingredients

- ☐ 0.8 cup agave nectar
- ☐ 0.5 teaspoon almond extract
- ☐ 0.5 cup beets canned drained chopped
- ☐ 1 cup beans red drained and rinsed canned
- ☐ 2 teaspoons natural food coloring red
- ☐ 0.8 cup liquid egg substitute
- ☐ 1 tablespoon butter unsalted melted
- ☐ 0.5 cup cocoa powder unsweetened
- ☐ 1 teaspoon vanilla extract

☐ 3 tablespoons pastry flour whole wheat

Equipment

☐ food processor

☐ bowl

☐ oven

☐ wire rack

☐ baking pan

☐ toothpicks

☐ spatula

Directions

☐ Preheat the oven to 350°F. Spray an 8 x 8 x 2-inch baking dish with cooking spray.

☐ Combine the beets, beans, cocoa powder, egg substitute, and flour in the bowl of a food processor. Process until the mixture is smooth, about 2 minutes, scraping down the bowl halfway through.

☐ Add the agave, butter, vanilla, almond extract, and food coloring. Process until all of the ingredients are combined, about 1 minute.

☐ Pour the batter into the prepared baking dish, and smooth the top with a spatula.

☐ Bake for 28–30 minutes, turning the dish halfway through the baking time. A toothpick inserted in the center will come out with soft batter clinging to it.

☐ Let the brownies cool completely in the baking dish on a wire rack. Then put them in the fridge for at least 3 hours. When they're cold, cut them into 12 squares and serve. Refrigerate any leftovers.

☐ Per serving: 106 calories, 1.5 g fat

☐ Other

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Nutrition Facts



 PROTEIN **13.29%**  FAT **14.53%**  CARBS **72.18%**

Properties

Glycemic Index:5.58, Glycemic Load:2.3, Inflammation Score:-2, Nutrition Score:4.8086956739426%

Flavonoids

Catechin: 2.32mg, Catechin: 2.32mg, Catechin: 2.32mg, Catechin: 2.32mg Epicatechin: 7.04mg, Epicatechin: 7.04mg, Epicatechin: 7.04mg, Epicatechin: 7.04mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 91.85kcal (4.59%), Fat: 1.6g (2.47%), Saturated Fat: 0.91g (5.68%), Carbohydrates: 17.93g (5.98%), Net Carbohydrates: 15.53g (5.65%), Sugar: 11.1g (12.33%), Cholesterol: 2.51mg (0.84%), Sodium: 83.21mg (3.62%), Alcohol: 0.17g (100%), Alcohol %: 0.36% (100%), Caffeine: 8.24mg (2.75%), Protein: 3.3g (6.6%), Manganese: 0.28mg (13.76%), Selenium: 8.29µg (11.84%), Fiber: 2.4g (9.59%), Copper: 0.18mg (9.04%), Magnesium: 28.59mg (7.15%), Vitamin B2: 0.11mg (6.32%), Phosphorus: 61.04mg (6.1%), Iron: 1.09mg (6.08%), Vitamin B1: 0.06mg (4.2%), Potassium: 143.57mg (4.1%), Vitamin B6: 0.08mg (4.01%), Vitamin K: 3.96µg (3.77%), Folate: 14.87µg (3.72%), Zinc: 0.56mg (3.7%), Vitamin C: 2.75mg (3.33%), Vitamin B5: 0.3mg (3.02%), Vitamin E: 0.43mg (2.83%), Calcium: 21.92mg (2.19%), Vitamin B3: 0.38mg (1.9%), Vitamin D: 0.26µg (1.72%), Vitamin A: 67.7IU (1.35%)