



Vegan Peanut Butter Chocolate Fudge



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



158 kcal

DESSERT

Ingredients

- 0.5 cup coconut butter
- 1 tablespoon peanut butter
- 2 banana ripe
- 3 tablespoons cocoa powder
- 2 tablespoons agave nectar
- 1 teaspoon vanilla extract

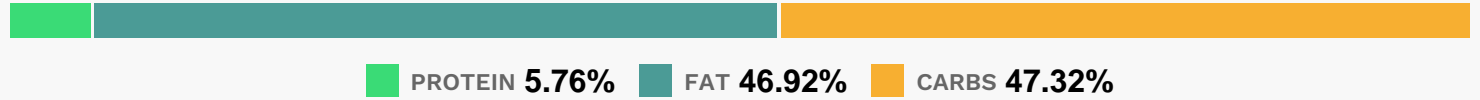
Equipment

- food processor

Directions

- Combine all ingredients in a food processor until smooth.
- Fold mixture into a flat, sealable container and freeze for 1 hour or refrigerate overnight.
- To make your own coconut butter, pulse shredded coconut in a food processor until smooth; about 8–12 minutes.

Nutrition Facts



Properties

Glycemic Index:13.96, Glycemic Load:5.22, Inflammation Score:-2, Nutrition Score:4.0808695652174%

Flavonoids

Catechin: 4.02mg, Catechin: 4.02mg, Catechin: 4.02mg, Catechin: 4.02mg Epicatechin: 4.92mg, Epicatechin: 4.92mg, Epicatechin: 4.92mg, Epicatechin: 4.92mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Taste

Sweetness: 100%, Saltiness: 1.06%, Sourness: 19.4%, Bitterness: 17.25%, Savoriness: 8.21%, Fattiness: 82.82%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 157.75kcal (7.89%), Fat: 8.53g (13.13%), Saturated Fat: 2.65g (16.55%), Carbohydrates: 19.36g (6.45%), Net Carbohydrates: 15.19g (5.52%), Sugar: 10.76g (11.95%), Cholesterol: 0mg (0%), Sodium: 16.86mg (0.73%), Alcohol: 0.23g (1.27%), Caffeine: 5.75mg (1.92%), Protein: 2.36g (4.72%), Fiber: 4.17g (16.69%), Manganese: 0.24mg (12.16%), Vitamin B6: 0.18mg (8.78%), Magnesium: 27.75mg (6.94%), Copper: 0.14mg (6.89%), Vitamin C: 4.86mg (5.89%), Potassium: 195.12mg (5.57%), Iron: 0.88mg (4.88%), Phosphorus: 36.15mg (3.62%), Vitamin B3: 0.72mg (3.61%), Folate: 13.06µg (3.27%), Vitamin B2: 0.05mg (3.06%), Vitamin E: 0.35mg (2.36%), Zinc: 0.3mg (1.99%), Vitamin B1: 0.03mg (1.76%), Vitamin K: 1.84µg (1.75%), Vitamin B5: 0.17mg (1.66%), Selenium: 0.98µg (1.4%), Calcium: 10.78mg (1.08%)