



Wheat Free Hazelnut Brownies — No Gums



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



16

CALORIES



230 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon baking soda
- ☐ 0.3 cup brown rice flour white
- ☐ 5 ounces chocolate dark with hazelnuts
- ☐ 2 large eggs
- ☐ 0.5 cup hazelnuts fine
- ☐ 1 cup brown sugar light packed
- ☐ 0.5 teaspoon sea salt (regular will do – use slightly less)
- ☐ 0.5 cup extra semi-sweet chocolate chips

- ☐ 8 tablespoons butter unsalted
- ☐ 2 teaspoons vanilla extract

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ mixing bowl
- ☐ wire rack
- ☐ baking pan
- ☐ hand mixer
- ☐ aluminum foil
- ☐ microwave

Directions

- ☐ Preheat the oven to 350 degrees F. Line an 8×8-inch square baking pan with non-stick foil or parchment
- ☐ Melt the dark chocolate and butter together in microwave or in a bowl set over simmering water. In a mixing bowl, beat the eggs with an electric mixer until frothy.
- ☐ Add the brown sugar and beat until smooth.
- ☐ Add the melted chocolate mixture to the egg-sugar mixture a little at a time and beat well. In a bowl, combine the nut meal, rice flour, salt and baking soda.
- ☐ Add the dry mixture to the chocolate mixture and stir until well mixed.
- ☐ Add the vanilla, beat another half a minute or so. Stir in the chocolate chips.
- ☐ Pour into the lined pan.
- ☐ Bake on center rack for 33 to 35 minutes, or until the brownies are set. Don't overcook. Cool on a wire rack; and remove the brownies from the pan by gripping the foil edges. Chill before cutting. Makes 9-12 servings.

Nutrition Facts



 **PROTEIN 4.51%**  **FAT 55.95%**  **CARBS 39.54%**

Properties

Glycemic Index:2.38, Glycemic Load:0.75, Inflammation Score:-3, Nutrition Score:5.5656521333301%

Flavonoids

Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg

Nutrients (% of daily need)

Calories: 229.97kcal (11.5%), Fat: 14.49g (22.3%), Saturated Fat: 7.35g (45.92%), Carbohydrates: 23.05g (7.68%), Net Carbohydrates: 21.17g (7.7%), Sugar: 17.74g (19.72%), Cholesterol: 38.89mg (12.96%), Sodium: 105.83mg (4.6%), Alcohol: 0.17g (100%), Alcohol %: 0.45% (100%), Caffeine: 11.79mg (3.93%), Protein: 2.63g (5.26%), Manganese: 0.59mg (29.39%), Copper: 0.31mg (15.37%), Magnesium: 40.89mg (10.22%), Iron: 1.83mg (10.19%), Phosphorus: 75.33mg (7.53%), Fiber: 1.88g (7.52%), Vitamin E: 0.9mg (6.03%), Selenium: 3.31µg (4.72%), Zinc: 0.68mg (4.55%), Potassium: 156.33mg (4.47%), Vitamin A: 215.62IU (4.31%), Calcium: 31.1mg (3.11%), Vitamin B6: 0.06mg (3.06%), Vitamin B1: 0.04mg (2.85%), Vitamin B2: 0.05mg (2.78%), Vitamin B5: 0.25mg (2.49%), Vitamin K: 2.08µg (1.98%), Folate: 7.92µg (1.98%), Vitamin B3: 0.39mg (1.94%), Vitamin B12: 0.1µg (1.7%), Vitamin D: 0.23µg (1.53%)