




# Chocolate Brownie

How much carbohydrate in the brownie?

Food	How much ingredient in the recipe?	Does it have carbs?	How much carb in 100g	How much carb in the ingredient?
	75g Olive margarine			
	65g Dates			
	75g Dark chocolate			
	1 Teaspoon of vanilla essence			
	¼ Teaspoon bicarbonate of soda			
	50g Ground almonds			
	1 Egg			
<b>Total carbohydrate</b>				

**You made 8 brownies**

How much carbohydrate in each brownie? \_\_\_\_\_