



## 3D Brownies

READY IN



140 min.

SERVINGS



20

CALORIES



316 kcal

DESSERT

## Ingredients

- 3 Tbsp butter
- 1 tsp calumet baking powder
- 8 oz philadelphia cream cheese softened
- 4 eggs divided
- 1 cup flour
- 2 Tbsp flour
- 1 Tbsp juice of lemon
- 0.8 cup planters macadamias divided toasted chopped
- 0.3 tsp salt

- 4 oz baker's semi-sweet chocolate finely chopped (6 oz.)
- 8 oz baker's semi-sweet chocolate
- 0.7 cup sugar
- 1.3 cups sugar
- 2 tsp vanilla divided
- 0.3 cup water
- 0.3 cup whipping cream

## Equipment

- bowl
- frying pan
- oven
- knife
- baking pan
- hand mixer
- toothpicks
- aluminum foil
- microwave

## Directions

- Preheat oven to 350F. Microwave 8 oz. chocolate pieces and the butter in large microwavable bowl on HIGH 2 minutes or until butter is melted, stirring after 1 minute. Stir until chocolate is completely melted. Beat 2 of the eggs in separate large bowl with electric mixer on medium speed until foamy. Gradually add 1-1/4 cups of the sugar, beating until well blended after each addition.
- Add water and 1 tsp. of the vanilla; beat until thick and lemon colored. Blend in chocolate mixture. Stir in 1 cup flour, the baking powder, salt and 1/2 cup of the macadamias.
- Spread half of the batter into greased foil-lined 13x9-inch baking pan; set aside.
- Beat cream cheese, 2/3 cup sugar, remaining 2 eggs, the lemon juice and remaining 1 tsp. vanilla in medium bowl with electric mixer on medium speed until well blended.

- Add 2 Tbsp. flour; mix well.
- Spread evenly over brownie batter in pan. Drop tablespoonfuls of the remaining brownie batter over cream cheese mixture.
- Cut through batter with knife several times for marble effect.
- Bake 45 to 50 minutes or until toothpick inserted in center comes out with fudgy crumbs. (Do not overbake.) Cool in pan. Microwave cream in medium microwavable bowl on HIGH 45 seconds or until simmering.
- Add chopped chocolate; stir until chocolate is completely melted and mixture is well blended.
- Spread over brownies; sprinkle with remaining 1/4 cup macadamias. Refrigerate 1 hour or until glaze is set.
- Cut into 32 squares.
- Cut each square in half diagonally into 2 triangles.

## Nutrition Facts



■ **PROTEIN 5.11%**  
 ■ **FAT 51.29%**  
 ■ **CARBS 43.6%**

### Properties

Glycemic Index:20.96, Glycemic Load:17.5, Inflammation Score:-4, Nutrition Score:6.4026086783927%

### Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

### Nutrients (% of daily need)

Calories: 316.2kcal (15.81%), Fat: 18.32g (28.18%), Saturated Fat: 8.19g (51.21%), Carbohydrates: 35.04g (11.68%), Net Carbohydrates: 33.05g (12.02%), Sugar: 26.27g (29.19%), Cholesterol: 49.69mg (16.56%), Sodium: 127.02mg (5.52%), Alcohol: 0.14g (100%), Alcohol %: 0.23% (100%), Caffeine: 14.63mg (4.88%), Protein: 4.1g (8.2%), Manganese: 0.49mg (24.32%), Copper: 0.27mg (13.57%), Selenium: 7.89µg (11.28%), Magnesium: 40.62mg (10.16%), Iron: 1.79mg (9.97%), Phosphorus: 99.14mg (9.91%), Vitamin B1: 0.13mg (8.52%), Fiber: 1.98g (7.94%), Vitamin B2: 0.13mg (7.63%), Vitamin A: 341.79IU (6.84%), Calcium: 50.12mg (5.01%), Zinc: 0.75mg (4.99%), Folate: 18.85µg (4.71%), Potassium: 156.02mg (4.46%), Vitamin B3: 0.7mg (3.51%), Vitamin B5: 0.33mg (3.32%), Vitamin E: 0.42mg (2.83%), Vitamin B12: 0.14µg (2.37%), Vitamin B6: 0.05mg (2.3%), Vitamin D: 0.24µg (1.6%), Vitamin K: 1.64µg (1.56%)