



BAKER'S ONE BOWL Cream Cheese Brownies

 Vegetarian

READY IN



55 min.

SERVINGS



55

CALORIES



98 kcal

DESSERT

Ingredients

- 4 oz baker's chocolate unsweetened
- 0.8 cup butter (1-)
- 8 oz philadelphia cream cheese softened
- 5 eggs divided
- 1.3 cups flour divided
- 2.5 cups sugar divided

Equipment

- bowl

- frying pan
- oven
- knife
- whisk
- toothpicks
- aluminum foil
- microwave

Directions

- Heat oven to 350F.
- Line 13x9-inch pan with foil, with ends of foil extending over sides. Grease foil.
- Microwave chocolate and butter in large microwaveable bowl on HIGH 2 min. or until butter is melted. Stir until chocolate is completely melted.
- Add 2 cups sugar; stir until well blended.
- Add 4 eggs; mix well. Stir in 1 cup flour until well blended; spread into prepared pan.
- Beat cream cheese and remaining sugar, egg and flour in same bowl with whisk until well blended. Spoon over brownie batter; swirl gently with knife.
- Bake 35 to 40 min. or until toothpick inserted in center comes out with fudgy crumbs. (Do not overbake.) Cool completely. Use foil handles to lift brownies from pan before cutting to serve.

Nutrition Facts



PROTEIN 5.23% **FAT 47.69%** **CARBS 47.08%**

Properties

Glycemic Index:4.04, Glycemic Load:7.98, Inflammation Score:-1, Nutrition Score:1.8073913014453%

Flavonoids

Catechin: 1.33mg, Catechin: 1.33mg, Catechin: 1.33mg, Catechin: 1.33mg Epicatechin: 2.92mg, Epicatechin: 2.92mg, Epicatechin: 2.92mg, Epicatechin: 2.92mg

Nutrients (% of daily need)

Calories: 98.02kcal (4.9%), Fat: 5.44g (8.38%), Saturated Fat: 3.22g (20.13%), Carbohydrates: 12.1g (4.03%), Net Carbohydrates: 11.68g (4.25%), Sugar: 9.27g (10.3%), Cholesterol: 25.7mg (8.57%), Sodium: 39.17mg (1.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.34g (2.69%), Manganese: 0.11mg (5.36%), Selenium: 2.8µg (4%), Copper: 0.08mg (3.75%), Iron: 0.57mg (3.17%), Vitamin A: 154.33IU (3.09%), Vitamin B2: 0.05mg (2.74%), Phosphorus: 24.39mg (2.44%), Magnesium: 8.28mg (2.07%), Folate: 8.12µg (2.03%), Zinc: 0.29mg (1.96%), Vitamin B1: 0.03mg (1.87%), Fiber: 0.42g (1.68%), Vitamin E: 0.16mg (1.06%), Vitamin B5: 0.1mg (1.04%), Vitamin B3: 0.2mg (1.02%)