



Bourbon-Cream Cheese Brownies

 Vegetarian

READY IN



130 min.

SERVINGS



30

CALORIES



176 kcal

DESSERT

Ingredients

- ☐ 4 oz baker's chocolate unsweetened
- ☐ 0.3 cup bourbon
- ☐ 0.5 cup brown sugar light packed
- ☐ 0.8 cup butter
- ☐ 8 oz cream cheese softened
- ☐ 4 large eggs divided
- ☐ 1 cup flour all-purpose
- ☐ 2 tablespoons flour all-purpose

- ☐ 1.8 cups granulated sugar divided
- ☐ 0.1 teaspoon salt
- ☐ 1 teaspoon vanilla extract

Equipment

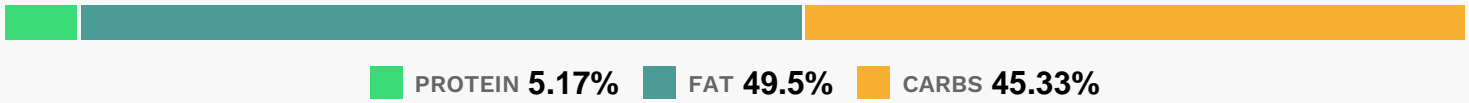
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ hand mixer
- ☐ aluminum foil
- ☐ microwave

Directions

- ☐ Preheat oven to 350°F.
- ☐ Line bottom and sides of a 9-inch square pan with aluminum foil, allowing 2 to 3 inches to extend over sides; lightly grease foil.
- ☐ Microwave chocolate squares and butter in a large microwave-safe bowl at HIGH 1 1/2 to 2 minutes or until melted and smooth, stirring at 30-second intervals.
- ☐ Whisk in brown sugar and 1 1/2 cups granulated sugar.
- ☐ Add 3 eggs, 1 at a time, whisking just until blended after each addition.
- ☐ Whisk in vanilla, salt, and 1 cup flour.
- ☐ Spread half of batter in prepared pan.
- ☐ Beat cream cheese at medium speed with an electric mixer until smooth; add 2 Tbsp. flour and remaining 1/4 cup granulated sugar, beating until blended.
- ☐ Add bourbon and remaining 1 egg, beating until blended.
- ☐ Pour cream cheese mixture over brownie batter in pan; top with remaining brownie batter, and swirl together.

Bake at 350 for 40 to 45 minutes or until a wooden pick inserted in center comes out with a few moist crumbs. Cool completely in pan on a wire rack (about 1 hour). Lift brownies from pan, using foil sides as handles. Gently remove foil; cut into squares.

Nutrition Facts



Properties

Glycemic Index:10.4, Glycemic Load:10.84, Inflammation Score:-3, Nutrition Score:3.2243478168612%

Flavonoids

Catechin: 2.43mg, Catechin: 2.43mg, Catechin: 2.43mg, Catechin: 2.43mg Epicatechin: 5.36mg, Epicatechin: 5.36mg, Epicatechin: 5.36mg, Epicatechin: 5.36mg

Nutrients (% of daily need)

Calories: 176.46kcal (8.82%), Fat: 9.9g (15.23%), Saturated Fat: 5.88g (36.77%), Carbohydrates: 20.39g (6.8%), Net Carbohydrates: 19.64g (7.14%), Sugar: 15.58g (17.31%), Cholesterol: 44.64mg (14.88%), Sodium: 81.56mg (3.55%), Alcohol: 0.71g (100%), Alcohol %: 1.97% (100%), Caffeine: 3.02mg (1.01%), Protein: 2.33g (4.65%), Manganese: 0.2mg (9.78%), Copper: 0.14mg (6.91%), Selenium: 4.76µg (6.79%), Iron: 1.03mg (5.74%), Vitamin A: 279.35IU (5.59%), Vitamin B2: 0.08mg (4.65%), Phosphorus: 43.05mg (4.3%), Magnesium: 15.33mg (3.83%), Zinc: 0.53mg (3.53%), Folate: 13.62µg (3.4%), Vitamin B1: 0.05mg (3.13%), Fiber: 0.75g (3.01%), Calcium: 20.13mg (2.01%), Vitamin E: 0.28mg (1.9%), Vitamin B5: 0.18mg (1.83%), Potassium: 62.26mg (1.78%), Vitamin B3: 0.35mg (1.73%), Vitamin B12: 0.09µg (1.43%), Vitamin B6: 0.02mg (1.02%)