



Cheesecake Brownies

 Vegetarian

READY IN



45 min.

SERVINGS



15

CALORIES



239 kcal

DESSERT

Ingredients

- ☐ 19.8 ounce brownie mix
- ☐ 8 ounce cream cheese
- ☐ 1 eggs
- ☐ 0.3 cup sugar white

Equipment

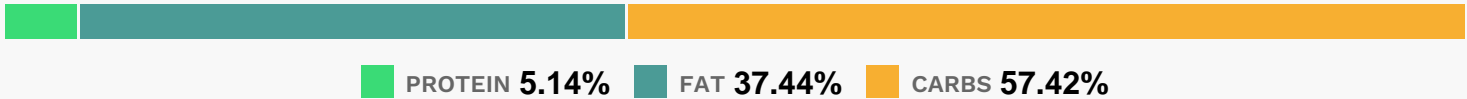
- ☐ frying pan
- ☐ oven
- ☐ knife

- ☐ hand mixer
- ☐ toothpicks
- ☐ skewers

Directions

- ☐ Prepare the brownie mix as directed by manufacturer. Preheat oven to temperature indicated on box. Grease a 9x13 inch pan.
- ☐ Spread the brownie batter evenly into the prepared pan. Using an electric mixer, beat together the cream cheese, egg and sugar until smooth. Dollop the cream cheese mixture on top of the brownie batter. Swirl together using a knife or skewer.
- ☐ Bake according to manufacturer's instructions. Brownies will be done when a toothpick inserted comes out clean. Cool in the pan, then cut into bars and serve.

Nutrition Facts



Properties

Glycemic Index:6.47, Glycemic Load:3.33, Inflammation Score:-1, Nutrition Score:1.2430434933175%

Nutrients (% of daily need)

Calories: 239.25kcal (11.96%), Fat: 10.02g (15.42%), Saturated Fat: 4.12g (25.76%), Carbohydrates: 34.58g (11.53%), Net Carbohydrates: 34.58g (12.58%), Sugar: 23.58g (26.2%), Cholesterol: 26.18mg (8.73%), Sodium: 160.96mg (7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.1g (6.19%), Iron: 1.12mg (6.23%), Vitamin A: 218.9IU (4.38%), Selenium: 2.23µg (3.18%), Vitamin B2: 0.05mg (2.88%), Phosphorus: 21.99mg (2.2%), Calcium: 16.35mg (1.64%), Vitamin B5: 0.13mg (1.31%), Vitamin E: 0.16mg (1.07%)