



## Cheesecake Brownies

READY IN



20 min.

SERVINGS



24

CALORIES



117 kcal

DESSERT

### Ingredients

- 0.3 teaspoon baking soda
- 1 large egg white lightly beaten
- 2 large eggs lightly beaten
- 1 cup flour all-purpose
- 1 teaspoon espresso granules dissolved in 1 tablespoon water instant
- 0.3 teaspoon salt
- 0.3 cup semi chocolate chips
- 0.5 cup sugar
- 1.3 cups sugar

- 5 tablespoons butter unsalted
- 0.3 cup cocoa unsweetened
- 0.5 teaspoon vanilla extract

## Equipment

- bowl
- frying pan
- oven
- whisk
- baking pan
- hand mixer
- microwave
- butter knife

## Directions

- Preheat oven to 35
- Coat a 9- x 13-inch baking dish with cooking spray.
- For brownie layer, combine butter and chocolate chips in a microwave-safe bowl; microwave until nearly melted. Stir.
- Combine next 4 ingredients (through salt) in a bowl. In a separate bowl, whisk eggs, sugar, espresso mixture, and vanilla.
- Add chocolate mixture; stir until smooth.
- Add to dry ingredients; stir.
- Pour into prepared pan; smooth into even layer.
- For cheesecake swirl, beat cream cheese, sugar, and egg white with an electric mixer at medium-high speed. Drop by spoonfuls onto brownie layer. Draw tip of a butter knife through brownie layer to swirl.
- Bake 30 minutes or until a wooden pick comes out slightly damp. Cool in pan.
- Cut into squares.

## Nutrition Facts

PROTEIN 5.26% FAT 27.83% CARBS 66.91%

## Properties

Glycemic Index:8.97, Glycemic Load:13.06, Inflammation Score:-1, Nutrition Score:2.0865217343621%

## Flavonoids

Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg Epicatechin: 2.35mg, Epicatechin: 2.35mg, Epicatechin: 2.35mg, Epicatechin: 2.35mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

## Nutrients (% of daily need)

Calories: 116.66kcal (5.83%), Fat: 3.74g (5.76%), Saturated Fat: 2.15g (13.41%), Carbohydrates: 20.26g (6.75%), Net Carbohydrates: 19.53g (7.1%), Sugar: 15.31g (17.02%), Cholesterol: 21.88mg (7.29%), Sodium: 44.85mg (1.95%), Alcohol: 0.03g (100%), Alcohol %: 0.12% (100%), Caffeine: 5.67mg (1.89%), Protein: 1.59g (3.18%), Manganese: 0.11mg (5.46%), Selenium: 3.77µg (5.39%), Copper: 0.08mg (4.06%), Vitamin B2: 0.06mg (3.44%), Iron: 0.61mg (3.39%), Folate: 12.01µg (3%), Vitamin B1: 0.04mg (2.95%), Fiber: 0.73g (2.93%), Phosphorus: 28.55mg (2.86%), Magnesium: 11.26mg (2.82%), Vitamin A: 96.32IU (1.93%), Vitamin B3: 0.37mg (1.84%), Zinc: 0.23mg (1.51%), Potassium: 44.95mg (1.28%), Vitamin B5: 0.1mg (1.01%)