



Cheesecake-Marbled Brownies

 Vegetarian

READY IN



50 min.

SERVINGS



16

CALORIES



166 kcal

DESSERT

Ingredients

- ☐ 8 ounces cream cheese softened well
- ☐ 1 large egg yolk
- ☐ 2 large eggs
- ☐ 0.7 cup flour all-purpose
- ☐ 0.3 cup sugar
- ☐ 0.5 cup butter unsalted cut into pieces
- ☐ 2 ounce baker's chocolate unsweetened chopped
- ☐ 0.3 teaspoon vanilla extract pure

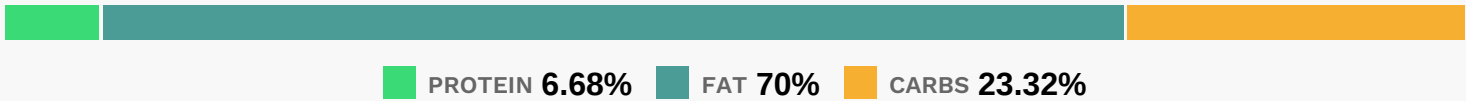
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ baking pan
- ☐ spatula

Directions

- ☐ Put oven rack in middle position and preheat oven to 350°F. Butter an 8-inch square baking pan.
- ☐ Heat butter and chocolate in a 3-quart heavy saucepan over moderately low heat, whisking occasionally, just until melted.
- ☐ Remove from heat and whisk in sugar, eggs, vanilla, and a pinch of salt until well combined.
- ☐ Whisk in flour until just combined and spread in baking pan.
- ☐ Whisk together cheesecake batter ingredients in a small bowl until smooth. Dollop over brownie batter, then swirl in with a knife or spatula.
- ☐ Bake until edges are slightly puffed and center is just set, about 35 minutes.
- ☐ Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:10.76, Glycemic Load:6, Inflammation Score:-3, Nutrition Score:3.7073913138846%

Flavonoids

Catechin: 2.28mg, Catechin: 2.28mg, Catechin: 2.28mg, Catechin: 2.28mg Epicatechin: 5.03mg, Epicatechin: 5.03mg, Epicatechin: 5.03mg, Epicatechin: 5.03mg

Nutrients (% of daily need)

Calories: 165.77kcal (8.29%), Fat: 13.42g (20.65%), Saturated Fat: 7.96g (49.74%), Carbohydrates: 10.06g (3.35%), Net Carbohydrates: 9.33g (3.39%), Sugar: 4.78g (5.31%), Cholesterol: 64.29mg (21.43%), Sodium: 55.68mg (2.42%), Alcohol: 0.02g (100%), Alcohol %: 0.07% (100%), Protein: 2.88g (5.77%), Manganese: 0.19mg (9.38%), Selenium: 5.88µg (8.4%), Vitamin A: 416.71IU (8.33%), Copper: 0.13mg (6.57%), Vitamin B2: 0.1mg (5.84%), Iron: 1.02mg (5.64%), Phosphorus: 53.19mg (5.32%), Folate: 16.5µg (4.13%), Magnesium: 14.96mg (3.74%), Zinc: 0.56mg (3.74%), Vitamin B1: 0.05mg (3.61%), Fiber: 0.73g (2.92%), Vitamin E: 0.4mg (2.65%), Calcium: 24.73mg (2.47%), Vitamin B5: 0.25mg (2.45%), Vitamin B12: 0.12µg (1.99%), Vitamin D: 0.29µg (1.93%), Vitamin B3: 0.38mg (1.88%), Potassium: 65.36mg (1.87%), Vitamin B6: 0.03mg (1.29%), Vitamin K: 1.18µg (1.12%)