



Cherry Cheesecake Brownies

READY IN



84 min.

SERVINGS



20

CALORIES



133 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 3 ounces bittersweet chocolate finely chopped
- ☐ 6 tablespoons butter cut into small pieces
- ☐ 0.5 cup cherries dried chopped
- ☐ 1 large eggs
- ☐ 1 large eggs lightly beaten
- ☐ 2 large egg whites
- ☐ 0.8 cup flour all-purpose
- ☐ 1 tablespoon maraschino liqueur

- ☐ 1 tablespoon matzo meal
- ☐ 0.1 teaspoon salt
- ☐ 0.3 cup sugar
- ☐ 0.8 cup sugar
- ☐ 1 ounce baker's chocolate unsweetened finely chopped
- ☐ 1.5 teaspoons cocoa powder unsweetened
- ☐ 0.3 teaspoon vanilla extract
- ☐ 0.5 teaspoon vanilla extract

Equipment

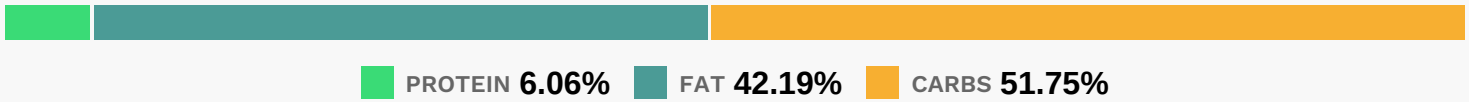
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ blender
- ☐ baking pan
- ☐ microwave
- ☐ measuring cup

Directions

- ☐ Preheat oven to 32
- ☐ To prepare cheesecake, place cherries and liqueur in a microwave-safe bowl. Microwave at HIGH 45 seconds or until boiling; let stand 20 minutes.
- ☐ Place 1/4 cup sugar and cream cheese in a large bowl; beat with a mixer at medium speed 1 minute or until smooth.
- ☐ Add matzo meal, 1/4 teaspoon vanilla, and 1 egg; beat just until blended. Stir in cherry mixture.
- ☐ To prepare brownies, coat a 9-inch square metal baking pan with cooking spray; dust with cocoa.

- ☐ Combine chocolates and butter in a microwave-safe dish; microwave at HIGH for 1 minute, stirring every 20 seconds.
- ☐ Let stand for 5 minutes. Stir in 1/2 teaspoon vanilla, egg whites, and 1 egg. Weigh or lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour, 3/4 cup sugar, baking powder, and salt in a large bowl. Stir the chocolate mixture into flour mixture.
- ☐ Scrape half of the brownie batter into prepared pan. Dot half of cheesecake batter on top. Top with remaining brownie batter. Dot with the remaining cheesecake batter. Swirl batters using the tip of a knife.
- ☐ Bake at 325 for 50 minutes or until a wooden pick inserted in center comes out with moist crumbs clinging. Cool completely in pan on a wire rack.
- ☐ Cut into squares.

Nutrition Facts



Properties

Glycemic Index:18.96, Glycemic Load:9.7, Inflammation Score:-2, Nutrition Score:2.7160869953425%

Flavonoids

Cyanidin: 1.04mg, Cyanidin: 1.04mg, Cyanidin: 1.04mg, Cyanidin: 1.04mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 1.11mg, Catechin: 1.11mg, Catechin: 1.11mg, Catechin: 1.11mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 2.33mg, Epicatechin: 2.33mg, Epicatechin: 2.33mg, Epicatechin: 2.33mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 133.03kcal (6.65%), Fat: 6.36g (9.78%), Saturated Fat: 3.73g (23.29%), Carbohydrates: 17.55g (5.85%), Net Carbohydrates: 16.74g (6.09%), Sugar: 12.31g (13.68%), Cholesterol: 27.89mg (9.3%), Sodium: 65.71mg (2.86%), Alcohol: 0.35g (100%), Alcohol %: 1.19% (100%), Caffeine: 4.96mg (1.65%), Protein: 2.05g (4.11%), Manganese: 0.16mg (7.92%), Selenium: 4.55µg (6.51%), Copper: 0.12mg (5.8%), Iron: 0.88mg (4.88%), Vitamin B2: 0.07mg (4.13%), Magnesium: 15.12mg (3.78%), Phosphorus: 37.11mg (3.71%), Fiber: 0.82g (3.27%), Vitamin B1: 0.05mg (3.03%), Folate: 11.83µg (2.96%), Vitamin A: 136.29IU (2.73%), Zinc: 0.36mg (2.42%), Vitamin B3: 0.37mg (1.84%), Potassium: 63.98mg (1.83%), Calcium: 15.42mg (1.54%), Vitamin B5: 0.13mg (1.33%), Vitamin E: 0.19mg (1.24%), Vitamin B12: 0.06µg (1.04%)