



Chocolate Brownies with Orange Cream Cheese Frosting

READY IN



45 min.

SERVINGS



18

CALORIES



219 kcal

DESSERT

Ingredients

- ☐ 0.7 cup flour
- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.5 cup coconut sweetened flaked toasted
- ☐ 8 ounce cream cheese room temperature
- ☐ 3 large eggs
- ☐ 1.5 teaspoons orange zest finely grated
- ☐ 0.7 cup powdered sugar
- ☐ 0.5 teaspoon salt

- ☐ 4 ounces bittersweet chocolate chopped
- ☐ 1.3 cups sugar
- ☐ 2 tablespoons butter unsalted room temperature ()
- ☐ 2 ounces baker's chocolate unsweetened chopped
- ☐ 2 teaspoons vanilla extract

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ hand mixer
- ☐ aluminum foil

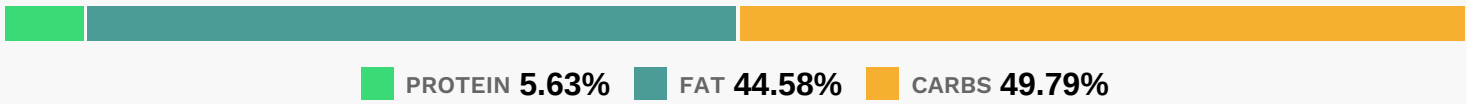
Directions

- ☐ Set oven rack in lower middle position; preheat to 325°F. Spray disposable aluminum baking pan with nonstick spray. Press 18x12-inch sheet aluminum foil over bottom and up long sides of pan, leaving overhang on each long side. Spray foil with nonstick spray.
- ☐ Whisk flour, baking powder, and salt in small bowl. Stir both chocolates and 10 tablespoons butter in medium saucepan over medium-low heat until melted and smooth; remove from heat.
- ☐ Whisk sugar and vanilla, then eggs into chocolate mixture.
- ☐ Whisk until glossy and smooth, about 1 minute.
- ☐ Add dry ingredients and whisk just to blend.
- ☐ Pour batter into prepared pan.
- ☐ Bake until tester inserted into center comes out with some moist crumbs attached, about 24 minutes. Cool completely in pan on rack.

- ☐
- Using electric mixer, beat room temperature cream cheese and next 3 ingredients in medium bowl until smooth.

☐☐☐

Nutrition Facts



Properties

Glycemic Index:14.67, Glycemic Load:12.47, Inflammation Score:-3, Nutrition Score:4.4021738936072%

Flavonoids

Catechin: 2.03mg, Catechin: 2.03mg, Catechin: 2.03mg, Catechin: 2.03mg Epicatechin: 4.47mg, Epicatechin: 4.47mg, Epicatechin: 4.47mg, Epicatechin: 4.47mg

Nutrients (% of daily need)

Calories: 219.31kcal (10.97%), Fat: 11.2g (17.23%), Saturated Fat: 6.64g (41.52%), Carbohydrates: 28.15g (9.38%), Net Carbohydrates: 26.75g (9.73%), Sugar: 21.99g (24.44%), Cholesterol: 47.45mg (15.82%), Sodium: 136.42mg (5.93%), Alcohol: 0.15g (100%), Alcohol %: 0.33% (100%), Caffeine: 7.94mg (2.65%), Protein: 3.18g (6.37%), Manganese: 0.27mg (13.73%), Copper: 0.2mg (10.22%), Selenium: 6.5µg (9.29%), Iron: 1.38mg (7.67%), Phosphorus: 69.19mg (6.92%), Magnesium: 25.9mg (6.47%), Vitamin B2: 0.1mg (5.95%), Fiber: 1.4g (5.61%), Vitamin A: 256.94IU (5.14%), Zinc: 0.69mg (4.63%), Folate: 14.57µg (3.64%), Vitamin B1: 0.05mg (3.33%), Calcium: 32.37mg (3.24%), Potassium: 105.26mg (3.01%), Vitamin B5: 0.25mg (2.5%), Vitamin B3: 0.41mg (2.04%), Vitamin B12: 0.12µg (1.93%), Vitamin E: 0.28mg (1.9%), Vitamin B6: 0.03mg (1.37%), Vitamin D: 0.19µg (1.27%), Vitamin K: 1.17µg (1.12%)