



Chocolate-Covered Cherry Brownies



Dairy Free

READY IN



150 min.

SERVINGS



48

CALORIES



120 kcal

DESSERT

Ingredients

- ☐ 0.8 cup butter
- ☐ 3 ounces baker's chocolate unsweetened
- ☐ 1.5 cups sugar
- ☐ 1 teaspoon vanilla
- ☐ 3 eggs
- ☐ 1 cup flour all-purpose
- ☐ 0.3 teaspoon salt
- ☐ 1 cup marshmallow creme

- ☐ 0.5 cup maraschino cherries drained chopped for glaze well
- ☐ 6 ounces semi chocolate chips (1 cup)
- ☐ 6 tablespoons butter
- ☐ 1 tablespoon plus light
- ☐ 2 tablespoons maraschino cherries

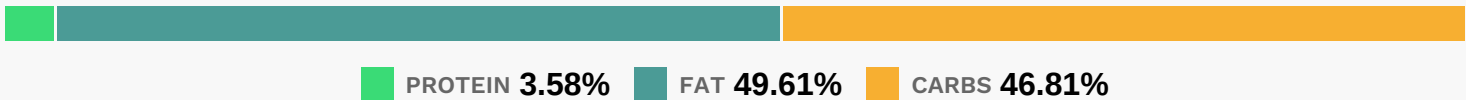
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife

Directions

- ☐ Heat oven to 350°. Grease rectangular pan, 13x9x2 inches, with shortening.
- ☐ Heat butter and baking chocolate in heavy 2-quart saucepan over low heat, stirring constantly, until melted.
- ☐ Remove from heat. Stir in sugar, vanilla and eggs until blended. Stir in flour and salt until smooth.
- ☐ Spread in pan.
- ☐ Mix marshmallow creme and cherries in small bowl. Spoon by teaspoonfuls onto batter. Swirl lightly with knife.
- ☐ Bake 30 to 40 minutes or until marshmallow mixture is light golden brown. Cool completely, about 1 hour. Make Chocolate-Cherry Glaze; spread over bars. Refrigerate 30 minutes or until glaze is set. For brownies, cut into 8 rows by 6 rows.
- ☐ Heat chocolate chips, butter and corn syrup in 1-quart saucepan over low heat, stirring constantly, until melted. Stir in cherry juice.

Nutrition Facts



Properties

Glycemic Index:3.42, Glycemic Load:5.87, Inflammation Score:-2, Nutrition Score:2.0704348013615%

Flavonoids

Catechin: 1.14mg, Catechin: 1.14mg, Catechin: 1.14mg, Catechin: 1.14mg Epicatechin: 2.51mg, Epicatechin: 2.51mg, Epicatechin: 2.51mg, Epicatechin: 2.51mg

Nutrients (% of daily need)

Calories: 119.72kcal (5.99%), Fat: 6.86g (10.56%), Saturated Fat: 2.33g (14.56%), Carbohydrates: 14.57g (4.86%), Net Carbohydrates: 13.82g (5.03%), Sugar: 10.76g (11.95%), Cholesterol: 10.44mg (3.48%), Sodium: 67.28mg (2.93%), Alcohol: 0.03g (100%), Alcohol %: 0.13% (100%), Caffeine: 4.47mg (1.49%), Protein: 1.12g (2.23%), Manganese: 0.14mg (7.01%), Copper: 0.11mg (5.61%), Vitamin A: 207.48IU (4.15%), Iron: 0.72mg (3.99%), Magnesium: 13.23mg (3.31%), Selenium: 2.22µg (3.16%), Fiber: 0.75g (2.99%), Phosphorus: 25.87mg (2.59%), Zinc: 0.33mg (2.19%), Vitamin B2: 0.03mg (1.89%), Vitamin B1: 0.03mg (1.74%), Folate: 6.61µg (1.65%), Vitamin E: 0.22mg (1.49%), Potassium: 44.51mg (1.27%), Vitamin B3: 0.21mg (1.06%)