



Chocolate-Fromage Blanc Brownies

 Vegetarian

READY IN



45 min.

SERVINGS



9

CALORIES



510 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.3 lb butter cut into chunks
- ☐ 5 large eggs
- ☐ 1 cup flour all-purpose
- ☐ 8 ounces fromage blanc (see notes)
- ☐ 2.3 cups sugar
- ☐ 6 ounces chocolate unsweetened finely chopped
- ☐ 1.5 teaspoons vanilla

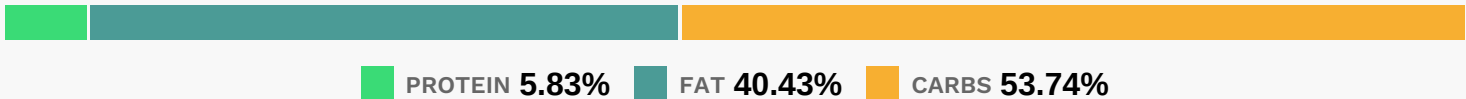
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ skewers

Directions

- ☐ In a 2- to 3-quart pan over low heat, stir butter and chocolate until melted and blended.
- ☐ Remove from heat and stir in vanilla and 2 cups sugar.
- ☐ Transfer to a bowl.
- ☐ Add 4 eggs, one at a time, beating well after each addition. Stir in flour and baking powder just until blended.
- ☐ In another bowl, mix fromage blanc and remaining sugar and egg until well blended.
- ☐ Spread half the chocolate mixture level in a buttered and floured 9-inch square baking pan.
- ☐ Pour cheese mixture evenly over chocolate. Drop 1/4-cup portions of remaining chocolate mixture on top, partially, but not completely, covering cheese mixture.
- ☐ Bake brownies in a 325 regular or convection oven until a wooden skewer inserted in the center comes out with moist crumbs attached, 45 to 50 minutes.
- ☐ Let cool in pan on a rack for at least 20 minutes, then cut into 9 squares.

Nutrition Facts



Properties

Glycemic Index:31.9, Glycemic Load:42.63, Inflammation Score:-6, Nutrition Score:11.745652240256%

Flavonoids

Catechin: 12.16mg, Catechin: 12.16mg, Catechin: 12.16mg, Catechin: 12.16mg Epicatechin: 26.81mg, Epicatechin: 26.81mg, Epicatechin: 26.81mg, Epicatechin: 26.81mg

Nutrients (% of daily need)

Calories: 509.94kcal (25.5%), Fat: 23.04g (35.45%), Saturated Fat: 13.48g (84.26%), Carbohydrates: 68.92g (22.97%), Net Carbohydrates: 65.41g (23.78%), Sugar: 52.47g (58.3%), Cholesterol: 130.42mg (43.47%), Sodium: 149.39mg (6.5%), Alcohol: 4.51g (100%), Alcohol %: 3.83% (100%), Caffeine: 15.12mg (5.04%), Protein: 7.48g (14.96%), Manganese: 0.89mg (44.68%), Copper: 0.65mg (32.75%), Iron: 4.47mg (24.84%), Selenium: 15.19µg (21.7%), Magnesium: 68.58mg (17.15%), Phosphorus: 153.53mg (15.35%), Zinc: 2.29mg (15.28%), Fiber: 3.51g (14.05%), Vitamin B2: 0.23mg (13.46%), Folate: 44.14µg (11.04%), Vitamin B1: 0.15mg (9.91%), Vitamin A: 464.87IU (9.3%), Potassium: 215.12mg (6.15%), Vitamin B3: 1.11mg (5.53%), Calcium: 53.38mg (5.34%), Vitamin B5: 0.53mg (5.33%), Vitamin B12: 0.27µg (4.48%), Vitamin E: 0.67mg (4.45%), Vitamin D: 0.56µg (3.7%), Vitamin B6: 0.06mg (2.95%), Vitamin K: 2.84µg (2.71%)