



Cream Cheese Brownies

 Vegetarian

READY IN



45 min.

SERVINGS



36

CALORIES



140 kcal

DESSERT

Ingredients

- 0.5 teaspoon double-acting baking powder
- 0.5 cup butter softened
- 1 tablespoon cornstarch
- 8 ounce block
- 1 large eggs
- 2 large egg whites
- 0.5 cup milk fat-free
- 6.8 ounces flour all-purpose

- 0.3 teaspoon salt
- 1.5 cups sugar
- 14 ounce condensed milk fat-free sweetened canned
- 0.7 cup cocoa unsweetened
- 1 teaspoon vanilla extract

Equipment

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

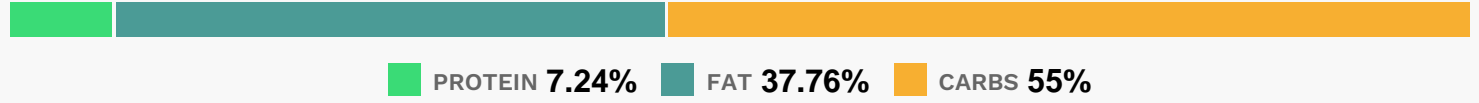
Directions

- Preheat oven to 35
- Coat bottom of a 13 x 9-inch baking pan with cooking spray.
- To prepare batter, place butter in a large bowl; beat with a mixer at medium speed until fluffy.
- Add sugar and 1 teaspoon vanilla; beat until well blended (about 5 minutes).
- Add egg whites and egg, 1 at a time, beating well after each addition.
- Add cocoa and fat-free milk; beat well (mixture will appear curdled). Lightly spoon flour into dry measuring cups; level with a knife.
- Combine flour, baking powder, and salt; stir with a whisk.
- Add to cocoa mixture; beat at low speed just until blended. Spoon batter into prepared pan.
- To prepare topping, place cream cheese in a large bowl; beat with a mixer at medium speed until smooth. Gradually add cornstarch and remaining ingredients; beat until smooth.

Spread evenly over batter.

Bake at 350 for 35 minutes or until set. Cool in pan on a wire rack.

Nutrition Facts



Properties

Glycemic Index:11.34, Glycemic Load:12.57, Inflammation Score:-2, Nutrition Score:2.9430435066638%

Flavonoids

Catechin: 1.03mg, Catechin: 1.03mg, Catechin: 1.03mg, Catechin: 1.03mg Epicatechin: 3.13mg, Epicatechin: 3.13mg, Epicatechin: 3.13mg, Epicatechin: 3.13mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 140.4kcal (7.02%), Fat: 6.12g (9.41%), Saturated Fat: 3.68g (23%), Carbohydrates: 20.05g (6.68%), Net Carbohydrates: 19.31g (7.02%), Sugar: 14.8g (16.44%), Cholesterol: 22.16mg (7.39%), Sodium: 83.06mg (3.61%), Alcohol: 0.04g (100%), Alcohol %: 0.11% (100%), Caffeine: 3.66mg (1.22%), Protein: 2.64g (5.28%), Selenium: 5.15µg (7.36%), Vitamin B2: 0.11mg (6.59%), Phosphorus: 60.74mg (6.07%), Manganese: 0.1mg (5.01%), Calcium: 49.79mg (4.98%), Vitamin A: 207.27IU (4.15%), Vitamin B1: 0.06mg (3.8%), Copper: 0.07mg (3.65%), Magnesium: 13.43mg (3.36%), Folate: 12.91µg (3.23%), Iron: 0.53mg (2.97%), Fiber: 0.73g (2.94%), Potassium: 90.81mg (2.59%), Zinc: 0.32mg (2.12%), Vitamin B3: 0.39mg (1.93%), Vitamin B5: 0.19mg (1.86%), Vitamin B12: 0.1µg (1.69%), Vitamin E: 0.16mg (1.1%)