



Cream Cheese Brownies

READY IN



195 min.

SERVINGS



48

CALORIES



151 kcal

DESSERT

Ingredients

- ☐ 1 cup butter
- ☐ 16 oz cream cheese softened
- ☐ 1 large eggs
- ☐ 4 large eggs
- ☐ 1.5 cups flour all-purpose gold medal®
- ☐ 1 cup nuts coarsely chopped
- ☐ 0.5 teaspoon salt
- ☐ 2 cups sugar
- ☐ 4 oz baker's chocolate unsweetened

☐ 2 teaspoons vanilla

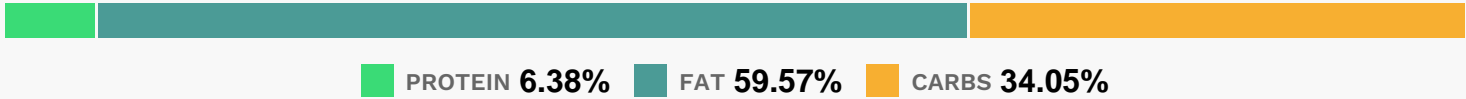
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ wire rack
- ☐ hand mixer
- ☐ toothpicks

Directions

- ☐ Heat oven to 350°F. Grease bottom and sides of 13x9-inch pan with shortening.
- ☐ In medium bowl, beat all filling ingredients with electric mixer on medium speed until smooth; set aside.
- ☐ In 1-quart saucepan, melt butter and chocolate over low heat, stirring frequently.
- ☐ Remove from heat; cool 5 minutes.
- ☐ In large bowl, beat chocolate mixture, sugar, vanilla and eggs with electric mixer on medium speed 1 minute, scraping bowl occasionally. Beat in flour and salt on low speed 30 seconds, scraping bowl occasionally. Beat on medium speed 1 minute. Stir in nuts.
- ☐ Spread 1 3/4 cups of the batter in pan.
- ☐ Spread filling over batter. Drop remaining batter in mounds randomly over filling; carefully spread to cover cream cheese layer.
- ☐ Bake 45 to 50 minutes or until toothpick inserted in center comes out clean. Cool completely in pan on wire rack, about 2 hours. For brownies, cut into 8 rows by 6 rows. Store covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:4.2, Glycemic Load:8.26, Inflammation Score:-3, Nutrition Score:3.1160869351386%

Flavonoids

Catechin: 1.52mg, Catechin: 1.52mg, Catechin: 1.52mg, Catechin: 1.52mg Epicatechin: 3.35mg, Epicatechin: 3.35mg, Epicatechin: 3.35mg, Epicatechin: 3.35mg

Nutrients (% of daily need)

Calories: 150.96kcal (7.55%), Fat: 10.4g (16%), Saturated Fat: 3.84g (23.99%), Carbohydrates: 13.37g (4.46%), Net Carbohydrates: 12.6g (4.58%), Sugar: 8.74g (9.72%), Cholesterol: 28.92mg (9.64%), Sodium: 106.99mg (4.65%), Alcohol: 0.06g (100%), Alcohol %: 0.2% (100%), Protein: 2.51g (5.01%), Manganese: 0.19mg (9.32%), Vitamin A: 324.65IU (6.49%), Copper: 0.13mg (6.33%), Selenium: 3.98µg (5.68%), Phosphorus: 48.24mg (4.82%), Vitamin B2: 0.08mg (4.51%), Iron: 0.81mg (4.5%), Magnesium: 16.97mg (4.24%), Zinc: 0.48mg (3.23%), Folate: 12.66µg (3.16%), Fiber: 0.77g (3.07%), Vitamin B1: 0.04mg (2.99%), Vitamin B3: 0.42mg (2.09%), Vitamin E: 0.29mg (1.96%), Vitamin B5: 0.19mg (1.95%), Calcium: 18.69mg (1.87%), Potassium: 63.76mg (1.82%), Vitamin B6: 0.03mg (1.29%), Vitamin B12: 0.07µg (1.2%)