



Cream Cheese Swirl Brownies

READY IN



140 min.

SERVINGS



16

CALORIES



202 kcal

DESSERT

Ingredients

- 3 oz cream cheese softened (from 8-oz package)
- 0.3 cup sugar
- 1 tablespoon flour all-purpose
- 1 egg yolk separated for brownie batter
- 0.5 teaspoon vanilla
- 16 oz brownie mix
- 1 serving vegetable oil for on brownie mix box
- 1 serving egg yolk
- 0.5 cup semi chocolate chips

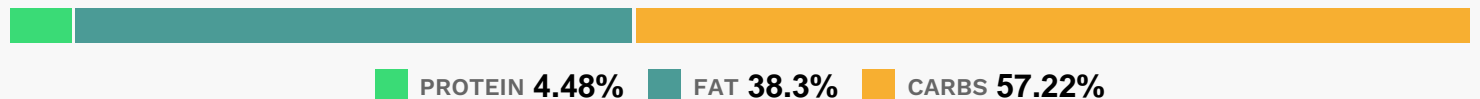
Equipment

- bowl
- frying pan
- oven
- knife
- wire rack
- toothpicks

Directions

- Heat oven to 350°F (325°F for dark or nonstick pan). Grease bottom of 9-inch square pan with shortening or cooking spray. In small bowl, mix cream cheese and sugar with spoon until smooth.
- Add flour, egg white and vanilla; mix until well blended. Set aside.
- Make brownie batter as directed on box, adding reserved egg yolk. Reserve 1/2 cup brownie batter; set aside.
- Spread remaining batter in pan. Spoon filling by tablespoonful dollops evenly onto batter, making 3 rows by 3 rows. Spoon about 1 tablespoon of the reserved brownie batter in center of each filling dollop. Draw knife through mixture in four straight lines horizontally, then vertically for swirled design.
- Sprinkle with chocolate chips.
- Bake 28 to 32 minutes or until toothpick inserted 2 inches from side of pan comes out almost clean. Cool 30 minutes on cooling rack. Refrigerate at least 1 hour until chilled.
- Cut into 4 rows by 4 rows. Store covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:10.76, Glycemic Load:2.52, Inflammation Score:-1, Nutrition Score:1.6634782552719%

Nutrients (% of daily need)

Calories: 201.85kcal (10.09%), Fat: 8.62g (13.26%), Saturated Fat: 3.3g (20.62%), Carbohydrates: 28.97g (9.66%), Net Carbohydrates: 28.51g (10.37%), Sugar: 19.47g (21.63%), Cholesterol: 18.53mg (6.18%), Sodium: 100.66mg (4.38%), Alcohol: 0.04g (100%), Alcohol %: 0.12% (100%), Caffeine: 4.84mg (1.61%), Protein: 2.27g (4.54%), Iron: 1.21mg (6.74%), Manganese: 0.08mg (3.97%), Copper: 0.07mg (3.65%), Magnesium: 10.56mg (2.64%), Phosphorus: 25.46mg (2.55%), Selenium: 1.77µg (2.53%), Vitamin K: 2.14µg (2.03%), Fiber: 0.46g (1.85%), Vitamin A: 91.32IU (1.83%), Vitamin B2: 0.02mg (1.43%), Zinc: 0.21mg (1.38%), Vitamin E: 0.18mg (1.21%), Potassium: 40.95mg (1.17%), Calcium: 10.29mg (1.03%)