



Cream Cheese Swirl Brownies

 Vegetarian

READY IN



65 min.

SERVINGS



20

CALORIES



172 kcal

DESSERT

Ingredients

- ☐ 4 ounces cream cheese at room temperature
- ☐ 1 large eggs
- ☐ 2 large eggs
- ☐ 0.5 cup flour all-purpose
- ☐ 2 tablespoons flour all-purpose
- ☐ 0.1 teaspoon salt
- ☐ 0.3 cup sugar
- ☐ 1 cup sugar

- ☐ 2 tablespoons butter unsalted at room temperature
- ☐ 8 tablespoons butter unsalted
- ☐ 4 ounces chocolate unsweetened
- ☐ 1 teaspoon vanilla extract

Equipment

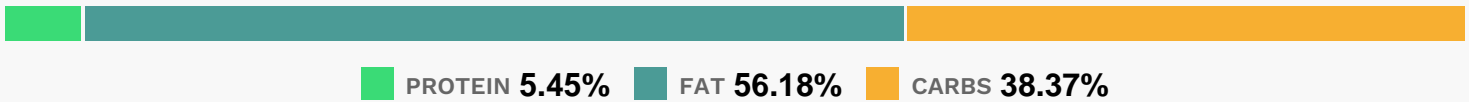
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ blender
- ☐ double boiler
- ☐ baking pan
- ☐ toothpicks
- ☐ aluminum foil
- ☐ cutting board

Directions

- ☐ Preheat oven to 350F. Line an 8-inch square baking pan with foil, leaving a 1-inch overhang on 2 sides. Mist foil with cooking spray.
- ☐ Make swirl: Using a mixer on medium speed, beat cream cheese and butter until creamy.
- ☐ Add egg; beat until smooth. Beat in sugar, flour and vanilla until smooth. Set aside.
- ☐ Make brownies: In a double boiler, melt butter with chocolate, stirring often.
- ☐ Remove from heat; stir in sugar, vanilla and salt.
- ☐ Transfer to a bowl; cool slightly.
- ☐ Using a mixer on medium-low speed, beat eggs into chocolate mixture 1 at a time.
- ☐ Sprinkle flour over mixture and gently stir in.

- ☐
- Spread 1/2 of brownie batter in prepared pan. Carefully spread swirl mixture over brownie batter. Spoon remaining brownie batter on top. Use tip of a knife to gently swirl through both batters to form a marble pattern.
- ☐
- Bake until a toothpick inserted into center comes out clean, 40 to 45 minutes.
- ☐
- Let cool on a wire rack for at least 1 hour.
- ☐
- Remove brownies from pan to cutting board using foil to lift them out. Peel off foil and cut into squares.

Nutrition Facts



Properties

Glycemic Index:15.86, Glycemic Load:10.95, Inflammation Score:-3, Nutrition Score:3.8026086713957%

Flavonoids

Catechin: 3.65mg, Catechin: 3.65mg, Catechin: 3.65mg, Catechin: 3.65mg Epicatechin: 8.04mg, Epicatechin: 8.04mg, Epicatechin: 8.04mg, Epicatechin: 8.04mg

Nutrients (% of daily need)

Calories: 171.97kcal (8.6%), Fat: 11.39g (17.52%), Saturated Fat: 6.82g (42.6%), Carbohydrates: 17.5g (5.83%), Net Carbohydrates: 16.45g (5.98%), Sugar: 12.81g (14.23%), Cholesterol: 48.68mg (16.23%), Sodium: 45.34mg (1.97%), Alcohol: 0.07g (100%), Alcohol %: 0.21% (100%), Caffeine: 4.54mg (1.51%), Protein: 2.48g (4.97%), Manganese: 0.27mg (13.33%), Copper: 0.2mg (9.87%), Iron: 1.31mg (7.29%), Selenium: 4.71µg (6.73%), Vitamin A: 291.58IU (5.83%), Magnesium: 20.97mg (5.24%), Phosphorus: 49.47mg (4.95%), Zinc: 0.71mg (4.71%), Vitamin B2: 0.08mg (4.53%), Fiber: 1.05g (4.18%), Folate: 12.92µg (3.23%), Vitamin B1: 0.04mg (2.9%), Vitamin E: 0.31mg (2.1%), Potassium: 71.27mg (2.04%), Vitamin B5: 0.18mg (1.82%), Calcium: 17.84mg (1.78%), Vitamin D: 0.25µg (1.7%), Vitamin B3: 0.32mg (1.6%), Vitamin B12: 0.09µg (1.52%), Vitamin K: 1.19µg (1.14%)