



Cream Cheese-Swirled Brownies

 Vegetarian

READY IN



45 min.

SERVINGS



28

CALORIES



117 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.3 cup butter
- ☐ 1 large egg white
- ☐ 2 large eggs
- ☐ 6.8 ounces flour all-purpose
- ☐ 0.8 cup milk 2% reduced-fat
- ☐ 0.3 teaspoon salt
- ☐ 2 cups sugar divided

- ☐ 2 ounces chocolate unsweetened chopped
- ☐ 0.5 cup cocoa unsweetened
- ☐ 0.8 teaspoon vanilla extract divided

Equipment

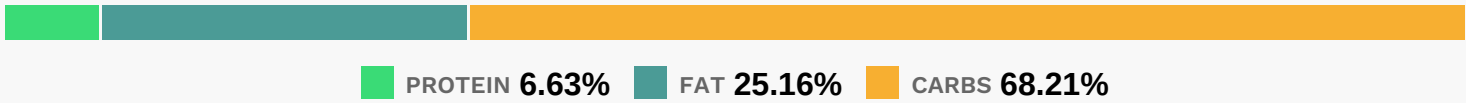
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ baking pan
- ☐ microwave
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35
- ☐ Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour, 1 3/4 cups sugar, cocoa, baking powder, and salt in a large bowl, stirring well with a whisk.
- ☐ Place butter and chocolate in a microwave-safe bowl; microwave at HIGH for 45 seconds or until melted, stirring once.
- ☐ Combine milk, 1/2 teaspoon vanilla, and eggs, stirring well with a whisk.
- ☐ Add chocolate mixture and milk mixture to flour mixture; beat with a mixer at medium speed until blended. Spoon batter evenly into a 13 x 9-inch baking pan coated with cooking spray.
- ☐ Place remaining 1/4 cup sugar, remaining 1/4 teaspoon vanilla, cheese, and egg white in a medium bowl; beat at medium speed until well blended using clean, dry beaters.
- ☐ Drizzle cheese mixture evenly over chocolate mixture; swirl batters together using the tip of a knife.

Bake at 350 for 30 minutes or until batter begins to pull away from sides of pan. Cool completely on a wire rack.

Nutrition Facts



Properties

Glycemic Index:10.25, Glycemic Load:13.76, Inflammation Score:-2, Nutrition Score:2.9804348124434%

Flavonoids

Catechin: 2.3mg, Catechin: 2.3mg, Catechin: 2.3mg, Catechin: 2.3mg Epicatechin: 5.89mg, Epicatechin: 5.89mg, Epicatechin: 5.89mg, Epicatechin: 5.89mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 117.28kcal (5.86%), Fat: 3.49g (5.37%), Saturated Fat: 2.02g (12.64%), Carbohydrates: 21.31g (7.1%), Net Carbohydrates: 20.22g (7.35%), Sugar: 14.68g (16.31%), Cholesterol: 18.15mg (6.05%), Sodium: 52.46mg (2.28%), Alcohol: 0.04g (100%), Alcohol %: 0.12% (100%), Caffeine: 5.15mg (1.72%), Protein: 2.07g (4.15%), Manganese: 0.19mg (9.64%), Copper: 0.14mg (6.89%), Selenium: 4.3µg (6.14%), Iron: 0.96mg (5.35%), Vitamin B2: 0.08mg (4.48%), Fiber: 1.09g (4.36%), Magnesium: 17.12mg (4.28%), Phosphorus: 41.87mg (4.19%), Vitamin B1: 0.06mg (4.13%), Folate: 15.67µg (3.92%), Zinc: 0.43mg (2.85%), Vitamin B3: 0.48mg (2.38%), Calcium: 19.56mg (1.96%), Potassium: 64.11mg (1.83%), Vitamin A: 76.38IU (1.53%), Vitamin B5: 0.12mg (1.19%), Vitamin B12: 0.07µg (1.16%)