



Dark Shadows Baileys Chocolate Cheesecake Brownies

READY IN



45 min.

SERVINGS



16

CALORIES



435 kcal

DESSERT

Ingredients

- 1 teaspoon double-acting baking powder
- 5 ounces bittersweet chocolate chopped
- 1 cup butter
- 8 ounce cream cheese softened
- 1 egg yolk
- 2 medium eggs
- 1.3 cups flour
- 1 cup granulated sugar

- 1 tablespoon baileys irish cream
- 1 pinch salt
- 16 servings sugar
- 0.5 cup cocoa powder unsweetened
- 0.5 teaspoon vanilla extract
- 200 gr walnuts roughly chopped

Equipment

- food processor
- bowl
- baking paper
- oven
- whisk
- baking pan
- hand mixer
- wooden spoon
- aluminum foil
- spatula
- butter knife

Directions

- Place the cream cheese, sugar, egg yolk and Baileys Irish Cream in the bowl of a food processor and process until smooth. Directions for Brownies: Preheat the oven to 350 degrees. Lightly grease an 8-by-8-inch baking pan with cooking spray. To make removing the brownies easy, line the pan lengthwise and widthwise with two 7-by-12-inch sheets of parchment paper or aluminum foil, shiny side up, and use the overhang as handles.
- Place the chocolate in a small heatproof bowl and set in a wide pan or skillet of hot water. Set aside for 5 minutes, stirring 4 to 5 times, and let it melt completely. Stir until smooth. In a medium bowl, whisk the flour, cocoa, baking powder, and salt until well blended. Set aside. With a stand or hand mixer set on low speed, beat the butter and sugar in a medium bowl until well blended. Beat in the eggs, one at a time, until fully blended, scraping down the

sides and bottom of the bowl as necessary. Beat in the vanilla until blended. Alternately blend the dry ingredients and the melted chocolate into the egg mixture in increments. Using a rubber spatula or wooden spoon, fold in the walnuts. Stop when the ingredients are just blended. Scrape the batter into the prepared baking pan and spread evenly. Set aside.

- Place large spoonfuls of the cheesecake mixture on top of the chocolate mixture and, using a butter knife, swirl to partially combine.
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- Bake for 45–50 minutes or until set (do not over-bake).

Nutrition Facts

  
 **PROTEIN 5.19%**  **FAT 58.56%**  **CARBS 36.25%**

Properties

Glycemic Index:25.26, Glycemic Load:22.95, Inflammation Score:-5, Nutrition Score:8.694347826087%

Flavonoids

Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg Catechin: 1.74mg, Catechin: 1.74mg, Catechin: 1.74mg, Catechin: 1.74mg Epicatechin: 5.28mg, Epicatechin: 5.28mg, Epicatechin: 5.28mg, Epicatechin: 5.28mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Taste

Sweetness: 100%, Saltiness: 21.34%, Sourness: 14.24%, Bitterness: 15.84%, Savoriness: 11.38%, Fattiness: 75.34%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 435.43kcal (21.77%), Fat: 29.41g (45.25%), Saturated Fat: 13.46g (84.13%), Carbohydrates: 40.96g (13.65%), Net Carbohydrates: 38.15g (13.87%), Sugar: 28.87g (32.08%), Cholesterol: 77.96mg (25.99%), Sodium: 175.16mg (7.62%), Caffeine: 13.8mg (4.6%), Protein: 5.87g (11.74%), Manganese: 0.72mg (35.94%), Copper: 0.43mg (21.72%), Phosphorus: 135.89mg (13.59%), Magnesium: 53.26mg (13.31%), Selenium: 8.88µg (12.68%), Vitamin A: 597.76IU (11.96%), Fiber: 2.8g (11.22%), Iron: 1.94mg (10.75%), Folate: 36.91µg (9.23%), Vitamin B2: 0.15mg (8.89%), Vitamin B1: 0.13mg (8.83%), Zinc: 1.06mg (7.04%), Calcium: 59.28mg (5.93%), Potassium: 188.31mg (5.38%), Vitamin B6: 0.1mg (4.96%), Vitamin E: 0.69mg (4.57%), Vitamin B3: 0.87mg (4.37%), Vitamin B5: 0.36mg (3.62%), Vitamin B12: 0.14µg (2.37%), Vitamin K: 2.39µg (2.27%), Vitamin D: 0.17µg (1.14%)