



Easy Raspberry Brownies

READY IN



180 min.

SERVINGS



18

CALORIES



229 kcal

DESSERT

Ingredients

- 1 box brownie mix
- 1 serving vegetable oil for on brownie mix box
- 8 oz cream cheese softened
- 0.5 cup powdered sugar
- 0.5 cup raspberry jam
- 1 oz baker's chocolate unsweetened
- 1 tablespoon butter

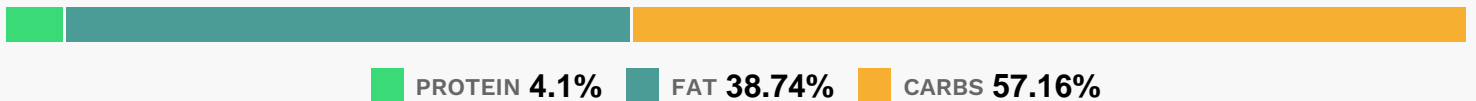
Equipment

- bowl
- frying pan
- oven
- hand mixer
- microwave

Directions

- Heat oven to 350°F.
- Bake brownie mix as directed on box, using water, oil and eggs, in 13x9-inch pan. Cool completely, about 1 hour.
- Beat cream cheese, powdered sugar and preserves in small bowl with electric mixer on medium speed until smooth.
- Spread over brownies. Refrigerate 15 minutes.
- Place chocolate and butter in small microwavable bowl. Microwave uncovered on Medium (50%) about 1 minute or until mixture can be stirred smooth.
- Drizzle over brownies. Refrigerate about 1 hour or until chocolate is firm. For 18 brownies, cut 6 rows by 3 rows. Store covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:4.56, Glycemic Load:3.71, Inflammation Score:-1, Nutrition Score:1.6460869623267%

Flavonoids

Catechin: 1.01mg, Catechin: 1.01mg, Catechin: 1.01mg, Catechin: 1.01mg Epicatechin: 2.23mg, Epicatechin: 2.23mg, Epicatechin: 2.23mg, Epicatechin: 2.23mg

Nutrients (% of daily need)

Calories: 228.63kcal (11.43%), Fat: 10g (15.38%), Saturated Fat: 4.04g (25.27%), Carbohydrates: 33.19g (11.06%), Net Carbohydrates: 32.83g (11.94%), Sugar: 22.38g (24.87%), Cholesterol: 12.73mg (4.24%), Sodium: 133.1mg (5.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.38g (4.76%), Iron: 1.13mg (6.29%), Vitamin A: 197.04IU (3.94%), Manganese: 0.07mg (3.55%), Copper: 0.06mg (3.14%), Vitamin B2: 0.04mg (2.27%), Phosphorus: 21.75mg (2.18%), Selenium: 1.42µg (2.03%), Vitamin K: 1.85µg (1.76%), Magnesium: 6.69mg (1.67%), Calcium: 15.97mg (1.6%), Zinc:

0.22mg (1.47%), Fiber: 0.37g (1.46%), Vitamin E: 0.21mg (1.42%), Potassium: 37.37mg (1.07%), Vitamin C: 0.83mg (1.01%)