



Fudgy Cream Cheese Brownies

READY IN



45 min.

SERVINGS



16

CALORIES



151 kcal

DESSERT

Ingredients

- 8 ounce block softened
- 1 large eggs
- 1 large egg white
- 0.5 cup flour all-purpose
- 3 tablespoons milk 1% low-fat
- 0.3 cup butter softened reduced-calorie
- 0.3 cup measures-like-sugar" calorie-free sweetener
- 0.8 cup sugar
- 0.3 cup cocoa unsweetened

1 tablespoon vanilla extract

Equipment

frying pan

oven

knife

wire rack

blender

Directions

Preheat oven to 35

Beat sugar and margarine with a mixer at medium speed until light and fluffy.

Add egg, egg white, and vanilla; beat well. Gradually add flour and cocoa, beating well.

Pour into an 8-inch square pan coated with cooking spray.

Beat cream cheese and sweetener with a mixer at high speed until smooth.

Add milk; beat well.

Pour cream cheese mixture over chocolate mixture; swirl together using the tip of a knife to create a marbled effect.

Bake at 350 for 30 minutes. Cool completely in pan on a wire rack.

Cut into squares.

Tip: Don't use reduced-calorie or fat-free tub margarine in this recipe because those products contain water, which will make the brownies gummy.

Nutrition Facts



PROTEIN 5.92% **FAT 49.22%** **CARBS 44.86%**

Properties

Glycemic Index:15.14, Glycemic Load:11.09, Inflammation Score:-3, Nutrition Score:2.4213043571976%

Flavonoids

Catechin: 0.87mg, Catechin: 0.87mg, Catechin: 0.87mg, Catechin: 0.87mg Epicatechin: 2.64mg, Epicatechin: 2.64mg, Epicatechin: 2.64mg, Epicatechin: 2.64mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 150.69kcal (7.53%), Fat: 8.44g (12.99%), Saturated Fat: 3.71g (23.18%), Carbohydrates: 17.31g (5.77%), Net Carbohydrates: 16.71g (6.08%), Sugar: 13.31g (14.79%), Cholesterol: 26.08mg (8.69%), Sodium: 88.89mg (3.86%), Alcohol: 0.28g (100%), Alcohol %: 0.8% (100%), Caffeine: 3.09mg (1.03%), Protein: 2.29g (4.57%), Vitamin A: 344.98IU (6.9%), Selenium: 4.24µg (6.06%), Vitamin B2: 0.09mg (5.11%), Manganese: 0.08mg (4.17%), Phosphorus: 39.54mg (3.95%), Copper: 0.06mg (3.17%), Folate: 10.5µg (2.62%), Vitamin B1: 0.04mg (2.56%), Magnesium: 9.99mg (2.5%), Iron: 0.45mg (2.48%), Fiber: 0.6g (2.41%), Calcium: 22.82mg (2.28%), Vitamin E: 0.27mg (1.82%), Vitamin B5: 0.17mg (1.67%), Potassium: 58.47mg (1.67%), Zinc: 0.24mg (1.63%), Vitamin B3: 0.28mg (1.42%), Vitamin B12: 0.08µg (1.36%)