



Fudgy Cream Cheese Brownies

READY IN



45 min.

SERVINGS



16

CALORIES



128 kcal

DESSERT

Ingredients

- ☐ 8 ounce block cream cheese fat-free softened
- ☐ 1 large eggs
- ☐ 1 large egg white
- ☐ 0.5 cup flour all-purpose
- ☐ 6 tablespoons butter softened reduced-calorie
- ☐ 0.3 cup sugar
- ☐ 0.8 cup sugar
- ☐ 0.3 cup cocoa unsweetened
- ☐ 1 tablespoon vanilla extract

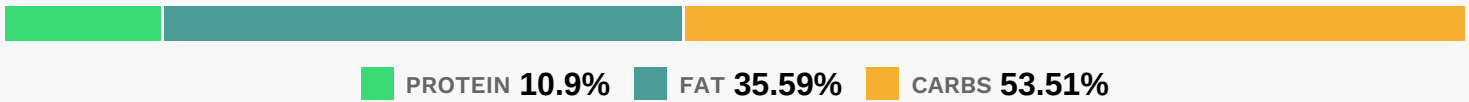
Equipment

- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ blender
- ☐ baking pan

Directions

- ☐ Preheat oven to 35
- ☐ Cream 3/4 cup sugar and margarine at medium speed of a mixer until light and fluffy.
- ☐ Add egg and 1 egg white; beat well.
- ☐ Add flour and cocoa to creamed mixture; beat well.
- ☐ Add vanilla; beat well.
- ☐ Pour into a 9-inch square baking pan coated with cooking spray; set aside.
- ☐ Beat cream cheese and 1/4 cup sugar at high speed of a mixer until smooth.
- ☐ Add 1 egg white; beat well.
- ☐ Pour cream cheese mixture over chocolate mixture; swirl together using the tip of a knife to marble.
- ☐ Bake at 350 for 30 minutes or until done. Cool completely on a wire rack.

Nutrition Facts



Properties

Glycemic Index:13.45, Glycemic Load:10.88, Inflammation Score:-2, Nutrition Score:2.8382608654868%

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: 128.04kcal (6.4%), Fat: 5.17g (7.95%), Saturated Fat: 1.23g (7.69%), Carbohydrates: 17.48g (5.83%), Net Carbohydrates: 16.88g (6.14%), Sugar: 13.41g (14.91%), Cholesterol: 13.33mg (4.44%), Sodium: 160.22mg (6.97%), Alcohol: 0.28g (100%), Alcohol %: 0.81% (100%), Caffeine: 3.09mg (1.03%), Protein: 3.56g (7.12%), Phosphorus: 96.04mg (9.6%), Calcium: 55.83mg (5.58%), Selenium: 3.66µg (5.23%), Vitamin B2: 0.09mg (5.21%), Vitamin A: 222.73IU (4.45%), Manganese: 0.08mg (4.2%), Folate: 14.15µg (3.54%), Copper: 0.07mg (3.29%), Magnesium: 11.55mg (2.89%), Vitamin B12: 0.17µg (2.83%), Vitamin B1: 0.04mg (2.62%), Iron: 0.46mg (2.55%), Zinc: 0.37mg (2.5%), Fiber: 0.6g (2.41%), Potassium: 75.47mg (2.16%), Vitamin B5: 0.2mg (1.96%), Vitamin B3: 0.3mg (1.51%), Vitamin E: 0.21mg (1.41%)