



Lighter Cheesecake Brownies

 Popular

READY IN



60 min.

SERVINGS



16

CALORIES



198 kcal

DESSERT

Ingredients

- 1 teaspoon double-acting baking powder
- 0.5 cup buttermilk
- 2 tablespoons canola oil
- 1 pinch ground pepper
- 0.8 cup t brown sugar dark packed
- 0.5 cup dutch-processed cocoa powder unsweetened
- 1 large eggs
- 2 large egg whites

- 1 cup flour all-purpose
- 0.3 cup granulated sugar
- 8 ounces cream cheese reduced-fat (Neufchatel)
- 0.5 teaspoon sea salt fine
- 2 ounces bittersweet chocolate coarsely chopped
- 0.3 cup sugar
- 3 tablespoons butter unsalted
- 0.5 teaspoon vanilla extract
- 2 teaspoons vanilla extract

Equipment

- bowl
- frying pan
- sauce pan
- oven
- knife
- whisk
- wire rack
- baking pan
- hand mixer
- wooden spoon
- aluminum foil
- microwave

Directions

- Position the rack in the lower third of the oven and preheat the oven to 350 degrees F.
- Line an 8 by 8-inch baking pan with foil so it hangs over the edges by about 1-inch. Spray with cooking spray.

- Cheesecake topping: In a medium bowl and using an electric mixer at medium speed, beat the cream cheese until smooth and creamy, about 1 minute. Beat in the sugar and the vanilla until very smooth, 1 to 2 minutes. Beat in the egg until well blended. Set aside.
- Put the chocolate, butter, and oil in a small microwave-safe bowl and heat at 75 percent power for 30 seconds. Stir and microwave again until melted and smooth, about 30 seconds longer. (Alternatively, put the chocolate, butter, and oil in a small heatproof bowl. Bring a small saucepan filled with 1 inch or so of water to a very slow simmer; set the bowl over, not touching, the water, and stir occasionally, until melted and smooth.)
- Combine the flour, cocoa powder, baking powder, salt, and cayenne in a medium bowl.
- Combine the brown sugar and granulated sugar in a large bowl.
- Whisk in the buttermilk, egg whites, and vanilla.
- Add the chocolate mixture and whisk vigorously until fully incorporated and the batter is thick and glossy. Gradually add the flour mixture and stir just until it disappears.
- Reserve 1/2 cup brownie batter and set aside. Scrape the remaining brownie batter into the prepared pan.
- Pour the cheesecake mixture evenly over top. Drop the reserved brownie batter in large dollops over the topping. Draw the handle of a wooden spoon through the two batters to create a swirled effect.
- Bake until the top is just set, 40 to 45 minutes.
- Let cool completely in the pan on a wire rack. Lift brownies out of the pan by the foil and peel off the foil. Spray a knife with cooking spray and cut into 2-inch squares.

Nutrition Facts



PROTEIN 7.39% **FAT 37.02%** **CARBS 55.59%**

Properties

Glycemic Index:23.14, Glycemic Load:9.58, Inflammation Score:-3, Nutrition Score:4.6160870172569%

Flavonoids

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

Nutrients (% of daily need)

Calories: 198.34kcal (9.92%), Fat: 8.43g (12.97%), Saturated Fat: 4.02g (25.11%), Carbohydrates: 28.48g (9.49%), Net Carbohydrates: 26.99g (9.81%), Sugar: 19.96g (22.18%), Cholesterol: 25.96mg (8.65%), Sodium: 173.6mg (7.55%), Alcohol: 0.22g (100%), Alcohol %: 0.41% (100%), Caffeine: 9.23mg (3.08%), Protein: 3.78g (7.57%), Manganese: 0.22mg (10.77%), Selenium: 6.15µg (8.79%), Copper: 0.17mg (8.66%), Phosphorus: 78.68mg (7.87%), Vitamin B2: 0.12mg (7.13%), Iron: 1.15mg (6.4%), Magnesium: 25.21mg (6.3%), Calcium: 62.53mg (6.25%), Fiber: 1.49g (5.96%), Vitamin B1: 0.08mg (5.03%), Folate: 20.05µg (5.01%), Potassium: 141.08mg (4.03%), Vitamin A: 177.47IU (3.55%), Vitamin B12: 0.21µg (3.45%), Zinc: 0.49mg (3.26%), Vitamin E: 0.47mg (3.16%), Vitamin B3: 0.6mg (2.98%), Vitamin B5: 0.27mg (2.72%), Vitamin K: 1.97µg (1.88%), Vitamin D: 0.24µg (1.61%), Vitamin B6: 0.03mg (1.35%)