



Loaf Pan Peanut Butter Swirl Brownies

READY IN



35 min.

SERVINGS



8

CALORIES



280 kcal

DESSERT

Ingredients

- 0.5 teaspoon double-acting baking powder
- 1 tablespoon another of chocolate chips
- 1 tablespoon plus generous
- 1 cup chocolate chips dark
- 1 large eggs
- 2 tablespoons flour all-purpose (0.8 oz)
- 0.3 cup granulated sugar
- 2 tablespoons peanut butter
- 0.3 cup butter unsalted

- 1 teaspoon vanilla extract

Equipment

- bowl
- frying pan
- baking paper
- oven
- knife
- whisk
- mixing bowl
- loaf pan
- aluminum foil
- microwave

Directions

- Line an 8 ½ by 4 ½ inch or a 9×5 inch loaf pan with nonstick foil or parchment paper. Preheat oven to 350 degrees F. In a microwave safe bowl, heat the butter for 30 seconds on high.
- Add the chocolate chips and stir to coat them with butter.
- Heat on high again for 30 seconds and stir until chips are melted. If chips aren't fully melted after you've stirred them, microwave for another 10 seconds. Set aside to cool slightly. In a mixing bowl, stir or whisk together the egg, vanilla and sugar.
- Add the chocolate to the egg mixture and stir until blended.
- Mix the flour, baking powder and salt together in a little cup, then stir into the batter until absorbed. Make sure the batter is cool, then stir in another tablespoon of chocolate chips. Soften the peanut butter for about 5–10 seconds in the microwave. Stir in the corn syrup. Drop little spoonfuls over the batter and pull a knife through very gently to make a marbled or ripple pattern.
- Bake the brownies in the lower center of the oven for about 25 minutes.
- Let cool, then chill thoroughly. Lift from pan and cut into squares.

Nutrition Facts



■ PROTEIN 5.35% ■ FAT 56.92% ■ CARBS 37.73%

Properties

Glycemic Index:33.76, Glycemic Load:7.42, Inflammation Score:-2, Nutrition Score:4.1482608894939%

Nutrients (% of daily need)

Calories: 279.77kcal (13.99%), Fat: 17.96g (27.63%), Saturated Fat: 12.32g (77.01%), Carbohydrates: 26.79g (8.93%), Net Carbohydrates: 25.69g (9.34%), Sugar: 19.69g (21.88%), Cholesterol: 43.81mg (14.6%), Sodium: 79.52mg (3.46%), Alcohol: 0.17g (100%), Alcohol %: 0.38% (100%), Protein: 3.8g (7.59%), Calcium: 92.71mg (9.27%), Zinc: 1.01mg (6.74%), Vitamin E: 1mg (6.69%), Phosphorus: 64.09mg (6.41%), Selenium: 4.05µg (5.79%), Vitamin A: 272.36IU (5.45%), Vitamin B2: 0.09mg (5.34%), Manganese: 0.11mg (5.33%), Potassium: 184.23mg (5.26%), Vitamin B3: 0.89mg (4.44%), Fiber: 1.1g (4.39%), Magnesium: 16.37mg (4.09%), Folate: 14.82µg (3.7%), Copper: 0.07mg (3.38%), Iron: 0.59mg (3.28%), Vitamin B5: 0.33mg (3.26%), Vitamin B1: 0.05mg (3.16%), Vitamin B6: 0.06mg (2.94%), Vitamin K: 2.43µg (2.32%), Vitamin B12: 0.13µg (2.25%), Vitamin D: 0.27µg (1.78%)