



## Marbled Brownies

READY IN



50 min.

SERVINGS



24

CALORIES



201 kcal

DESSERT

## Ingredients

- 8 ounces cream cheese softened for 45 seconds at 50 percent power is a great way to do this (the microwave )
- 1 large eggs
- 3 large eggs
- 1 cup flour all-purpose
- 0.1 teaspoon salt fine
- 3 ounces bittersweet chocolate finely chopped
- 0.5 cup sugar
- 1.5 cups sugar

- 0.5 cup butter unsalted plus more for the pan (1 stick)
- 3 ounces chocolate unsweetened finely chopped
- 1 teaspoon vanilla extract pure

## Equipment

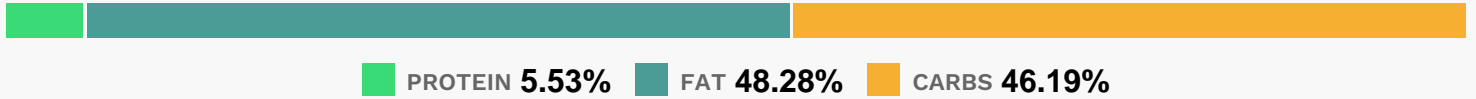
- bowl
- frying pan
- sauce pan
- baking paper
- oven
- knife
- whisk
- baking pan
- toothpicks
- microwave
- butter knife

## Directions

- Position a rack in the middle of the oven and preheat to 350 degrees F. Line a 9 by 13-inch baking pan with parchment paper, so that the edges of the paper come up the sides. Lightly butter the paper.
- Put both the semisweet and unsweetened chocolates and the butter in a heatproof medium bowl. Fill a medium saucepan with a couple inches of water and bring to a simmer over medium heat. Turn off the heat; set the bowl of chocolate over the water to melt.
- Whisk until smooth. (Alternatively, melt in a microwave at half power, for 1 minute, stir and then heat for another minute or until melted.)
- Whisk the flour and salt in a bowl.
- In a large bowl whisk together the eggs, sugar, and vanilla. Stir the chocolate mixture into the egg mixture until smooth.
- Add the dry ingredients and mix until just blended. Take care not to over mix the batter.

- Transfer the batter to the prepared pan.
- Whisk the cream cheese with the sugar, egg, and vanilla until smooth. Drop very large spoonfuls of the cream cheese mixture onto the surface of the brownie batter. Insert a butter knife through the batter to the bottom of the pan. With the flat edge of the knife, make swirling motions through the batters, occasionally lifting the knife through the top, until the dark and light batters are marbled.
- Bake until a toothpick inserted into the center of the brownies comes out coated with a fudge-y crumb, 30 to 35 minutes. Cool the brownies in the pan on a rack.
- To take the brownies out of the pan, lift the edges of the paper.
- Cut the brownies into squares.
- Serve.

## Nutrition Facts



### Properties

Glycemic Index:10.09, Glycemic Load:14.65, Inflammation Score:-3, Nutrition Score:3.9330434747364%

### Flavonoids

Catechin: 2.28mg, Catechin: 2.28mg, Catechin: 2.28mg, Catechin: 2.28mg Epicatechin: 5.03mg, Epicatechin: 5.03mg, Epicatechin: 5.03mg, Epicatechin: 5.03mg

### Nutrients (% of daily need)

Calories: 200.78kcal (10.04%), Fat: 11.19g (17.22%), Saturated Fat: 6.53g (40.84%), Carbohydrates: 24.1g (8.03%), Net Carbohydrates: 23.08g (8.39%), Sugar: 18.39g (20.43%), Cholesterol: 50.92mg (16.97%), Sodium: 55.63mg (2.42%), Alcohol: 0.06g (100%), Alcohol %: 0.14% (100%), Caffeine: 5.88mg (1.96%), Protein: 2.88g (5.77%), Manganese: 0.23mg (11.74%), Copper: 0.18mg (8.8%), Selenium: 5.87µg (8.38%), Iron: 1.25mg (6.93%), Vitamin A: 291.87IU (5.84%), Phosphorus: 56.77mg (5.68%), Vitamin B2: 0.1mg (5.63%), Magnesium: 20.94mg (5.23%), Zinc: 0.63mg (4.22%), Fiber: 1.01g (4.05%), Folate: 15.43µg (3.86%), Vitamin B1: 0.05mg (3.53%), Potassium: 80.77mg (2.31%), Vitamin B5: 0.23mg (2.26%), Calcium: 21.72mg (2.17%), Vitamin E: 0.32mg (2.11%), Vitamin B3: 0.4mg (2.01%), Vitamin B12: 0.11µg (1.82%), Vitamin D: 0.24µg (1.58%), Vitamin B6: 0.02mg (1.2%), Vitamin K: 1.17µg (1.11%)