



HEALTH SCORE

57%

Marbled Brownies



Vegetarian

READY IN



125 min.

SERVINGS



1

CALORIES



5126 kcal

DESSERT

Ingredients

- ☐ 4 oz baker's chocolate unsweetened chopped
- ☐ 0.8 cup butter
- ☐ 8 oz cream cheese softened
- ☐ 1 egg yolk
- ☐ 4 large eggs
- ☐ 1 cup flour all-purpose
- ☐ 0.3 cup sugar
- ☐ 2 cups sugar

☐ 1 teaspoon vanilla extract

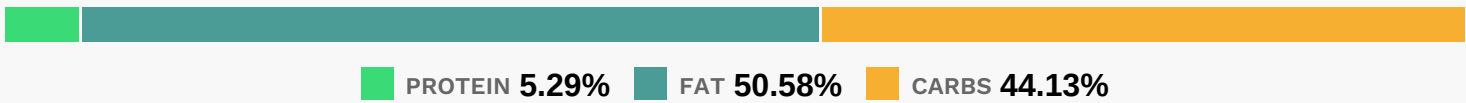
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ hand mixer
- ☐ microwave

Directions

- ☐ Preheat oven to 32
- ☐ Microwave chocolate and butter in a large microwave-safe bowl at HIGH 1 to 1 1/2 minutes or until melted and smooth, stirring at 30-second intervals.
- ☐ Whisk in sugar and eggs until well blended. Stir in flour.
- ☐ Spread half of batter into a greased 13- x 9-inch pan.
- ☐ Beat softened cream cheese, 1/4 cup sugar, 1 egg yolk, and vanilla at medium speed with an electric mixer until smooth. Dollop cream cheese mixture over brownie batter in pan. Dollop with remaining brownie batter, and swirl together using a paring knife.
- ☐ Bake at 325 for 35 to 40 minutes or until a wooden pick inserted in center comes out with a few moist crumbs.
- ☐ Let cool 1 hour on a wire rack.
- ☐ Cut into squares.

Nutrition Facts



Properties

Glycemic Index:292.18, Glycemic Load:386.59, Inflammation Score:-10, Nutrition Score:68.909565801206%

Flavonoids

Catechin: 72.95mg, Catechin: 72.95mg, Catechin: 72.95mg, Catechin: 72.95mg Epicatechin: 160.83mg, Epicatechin: 160.83mg, Epicatechin: 160.83mg, Epicatechin: 160.83mg

Nutrients (% of daily need)

Calories: 5125.58kcal (256.28%), Fat: 301.87g (464.41%), Saturated Fat: 178.18g (1113.62%), Carbohydrates: 592.64g (197.55%), Net Carbohydrates: 570.44g (207.43%), Sugar: 460.45g (511.61%), Cholesterol: 1533.5mg (511.17%), Sodium: 2134.06mg (92.79%), Alcohol: 1.38g (100%), Alcohol %: 0.13% (100%), Caffeine: 90.72mg (30.24%), Protein: 71g (142%), Manganese: 5.7mg (284.79%), Selenium: 146.95µg (209.92%), Copper: 4.08mg (203.96%), Vitamin A: 8639.98IU (172.8%), Iron: 30.04mg (166.87%), Vitamin B2: 2.41mg (141.69%), Phosphorus: 1338.56mg (133.86%), Magnesium: 447.51mg (111.88%), Zinc: 16.13mg (107.51%), Folate: 406.3µg (101.58%), Fiber: 22.2g (88.8%), Vitamin B1: 1.32mg (88.05%), Vitamin E: 8.99mg (59.95%), Vitamin B5: 5.82mg (58.24%), Calcium: 534.29mg (53.43%), Potassium: 1725.73mg (49.31%), Vitamin B12: 2.92µg (48.66%), Vitamin B3: 9.37mg (46.83%), Vitamin D: 4.97µg (33.15%), Vitamin B6: 0.62mg (31.09%), Vitamin K: 28.78µg (27.41%)