



Marbleized Brownies

READY IN



245 min.

SERVINGS



20

CALORIES



237 kcal

DESSERT

Ingredients

- ☐ 0.1 teaspoon baking soda
- ☐ 3 ounces bittersweet chocolate
- ☐ 1 cup butter
- ☐ 0.5 cup brown sugar dark
- ☐ 4 eggs
- ☐ 1.3 cups flour
- ☐ 0.5 teaspoon salt
- ☐ 1 square bittersweet chocolate
- ☐ 1.5 cups sugar

☐ 1.5 teaspoon vanilla

Equipment

- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ double boiler
- ☐ baking pan
- ☐ toothpicks
- ☐ aluminum foil

Directions

- ☐ Preheat the oven to 325 degrees F.
- ☐ Completely line a 9 by 13-inch baking dish with aluminum foil (shiny-side down) and grease the insides.
- ☐ Cream butter until soft.
- ☐ Add sugars, eggs, 1 at a time, and vanilla.
- ☐ Add flour and salt.
- ☐ Melt chocolates in a double boiler and add baking soda.
- ☐ Put 2/3 of the white batter into the baking dish.
- ☐ Add the melted chocolate mixture to the remaining batter.
- ☐ Mix thoroughly and spoon onto the white batter in the baking dish. Take a knife and cut through to marbleize.
- ☐ Bake until a toothpick inserted in the center comes out clean, about 40 minutes. Freeze the brownies when done.
- ☐ Remove the brownies from the pan and peel off the foil.
- ☐ Cut in squares and serve. If you want, you can let them get soft and eat at room temperature.

Nutrition Facts



 PROTEIN **4.04%**  FAT **46.31%**  CARBS **49.65%**

Properties

Glycemic Index:9.75, Glycemic Load:15.08, Inflammation Score:-3, Nutrition Score:3.3347826159519%

Nutrients (% of daily need)

Calories: 236.54kcal (11.83%), Fat: 12.34g (18.98%), Saturated Fat: 7.37g (46.05%), Carbohydrates: 29.77g (9.92%), Net Carbohydrates: 29.09g (10.58%), Sugar: 22.48g (24.98%), Cholesterol: 57.48mg (19.16%), Sodium: 152.9mg (6.65%), Alcohol: 0.1g (100%), Alcohol %: 0.24% (100%), Caffeine: 4.86mg (1.62%), Protein: 2.42g (4.84%), Selenium: 6.27µg (8.96%), Manganese: 0.14mg (6.96%), Vitamin A: 333.98IU (6.68%), Vitamin B2: 0.09mg (5.36%), Iron: 0.95mg (5.26%), Folate: 19.78µg (4.95%), Vitamin B1: 0.07mg (4.76%), Copper: 0.09mg (4.64%), Phosphorus: 44.08mg (4.41%), Magnesium: 13.6mg (3.4%), Vitamin B3: 0.56mg (2.79%), Fiber: 0.68g (2.71%), Vitamin E: 0.39mg (2.63%), Zinc: 0.34mg (2.24%), Vitamin B5: 0.21mg (2.08%), Potassium: 63.9mg (1.83%), Vitamin B12: 0.11µg (1.8%), Calcium: 17.19mg (1.72%), Vitamin K: 1.25µg (1.19%), Vitamin D: 0.18µg (1.17%), Vitamin B6: 0.02mg (1.16%)