



Orange Brownies

 Vegetarian

READY IN



45 min.

SERVINGS



20

CALORIES



355 kcal

DESSERT

Ingredients

- 1 cup butter softened (2 sticks)
- 4 tablespoons butter softened
- 1 pound powdered sugar
- 8 ounce cream cheese softened
- 4 eggs
- 1.5 cups flour all-purpose
- 2 cups granulated sugar
- 2 teaspoons orange extract pure

- 2 tablespoons orange juice
- 1 teaspoon orange zest grated
- 2 tablespoons orange zest
- 1 teaspoon salt

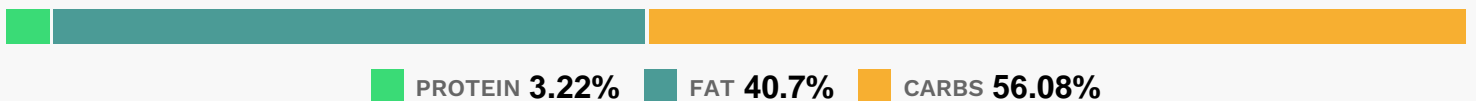
Equipment

- bowl
- frying pan
- oven
- mixing bowl
- hand mixer

Directions

- Preheat oven to 350 degrees F. Grease a 13 by 9 by 2-inch pan.;
- Stir together flour, granulated sugar, and salt in a bowl.
- Add butter, eggs, orange extract, and orange zest. Using a handheld electric mixer, beat until well blended.
- Pour batter into prepared pan and bake for 30 minutes, or until light golden brown and set.
- Remove from oven, allow to cool and pierce entire cake with a fork.
- Spread the Orange Cream Cheese Frosting over completely cooled brownies.
- Cut into squares.;
- In a large mixing bowl, whip the butter and cream cheese together with a hand-held electric mixer. Gradually beat in the confectioners' sugar until it is all combined and smooth. Beat in the orange zest and juice.
- Spread over brownies.

Nutrition Facts



Properties

Glycemic Index:16.2, Glycemic Load:19.4, Inflammation Score:-3, Nutrition Score:3.3934782536133%

Flavonoids

Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg

Nutrients (% of daily need)

Calories: 354.52kcal (17.73%), Fat: 16.37g (25.19%), Saturated Fat: 9.85g (61.59%), Carbohydrates: 50.76g (16.92%), Net Carbohydrates: 50.43g (18.34%), Sugar: 42.78g (47.53%), Cholesterol: 74.61mg (24.87%), Sodium: 256.24mg (11.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.92g (5.83%), Vitamin A: 559.76IU (11.2%), Selenium: 7.26µg (10.37%), Vitamin B2: 0.13mg (7.45%), Folate: 23.46µg (5.86%), Vitamin B1: 0.08mg (5.52%), Phosphorus: 43.51mg (4.35%), Iron: 0.64mg (3.54%), Vitamin E: 0.53mg (3.51%), Manganese: 0.07mg (3.49%), Vitamin B3: 0.59mg (2.95%), Vitamin B5: 0.26mg (2.63%), Calcium: 22.54mg (2.25%), Vitamin C: 1.8mg (2.18%), Vitamin B12: 0.13µg (2.12%), Zinc: 0.26mg (1.7%), Vitamin B6: 0.03mg (1.39%), Potassium: 46.3mg (1.32%), Fiber: 0.33g (1.32%), Copper: 0.03mg (1.32%), Vitamin K: 1.28µg (1.22%), Magnesium: 4.77mg (1.19%), Vitamin D: 0.18µg (1.17%)