



Peanut Butter Swirl Brownies

READY IN



110 min.

SERVINGS



16

CALORIES



189 kcal

DESSERT

Ingredients

- 0.7 cup granulated sugar
- 0.5 cup brown sugar packed
- 0.5 cup butter softened
- 2 tablespoons milk
- 2 eggs
- 0.8 cup flour all-purpose
- 0.5 teaspoon double-acting baking powder
- 0.3 teaspoon salt
- 0.3 cup peanut butter

- 0.3 cup peanut butter chips
- 0.3 cup cocoa powder
- 0.3 cup semi chocolate chips

Equipment

- bowl
- frying pan
- oven
- knife
- toothpicks

Directions

- Heat oven to 350°F. Grease square pan, 9x9x2 inches.
- Mix sugars, butter, milk and eggs in medium bowl. Stir in flour, baking powder and salt.
- Divide batter in half (about 1 cup plus 2 tablespoons for each half). Stir peanut butter and peanut butter chips into 1 half. Stir cocoa and chocolate chips into remaining half.
- Spoon chocolate batter into pan in 8 mounds, checkerboard style. Spoon peanut butter batter between mounds of chocolate batter. Gently swirl through batters with knife for marbled design.
- Bake 30 to 35 minutes or until toothpick inserted in center comes out clean. Cool completely about 1 hour. For 16 brownies, cut into 4 rows by 4 rows.

Nutrition Facts



PROTEIN 5.92% **FAT 46.15%** **CARBS 47.93%**

Properties

Glycemic Index:18.07, Glycemic Load:9.22, Inflammation Score:-3, Nutrition Score:3.9539130454802%

Flavonoids

Catechin: 1.16mg, Catechin: 1.16mg, Catechin: 1.16mg, Catechin: 1.16mg Epicatechin: 3.52mg, Epicatechin: 3.52mg, Epicatechin: 3.52mg, Epicatechin: 3.52mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 189.46kcal (9.47%), Fat: 10.12g (15.57%), Saturated Fat: 2.78g (17.37%), Carbohydrates: 23.64g (7.88%), Net Carbohydrates: 22.33g (8.12%), Sugar: 16.94g (18.83%), Cholesterol: 20.91mg (6.97%), Sodium: 145.17mg (6.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 7.35mg (2.45%), Protein: 2.92g (5.84%), Manganese: 0.22mg (11.2%), Copper: 0.15mg (7.4%), Selenium: 4.58µg (6.54%), Magnesium: 25.39mg (6.35%), Phosphorus: 60.32mg (6.03%), Vitamin A: 288.36IU (5.77%), Iron: 0.99mg (5.51%), Fiber: 1.31g (5.26%), Vitamin B3: 0.97mg (4.84%), Vitamin E: 0.67mg (4.49%), Vitamin B2: 0.07mg (4.4%), Folate: 17.49µg (4.37%), Vitamin B1: 0.06mg (3.87%), Zinc: 0.45mg (2.98%), Potassium: 100.23mg (2.86%), Calcium: 28.14mg (2.81%), Vitamin B5: 0.19mg (1.91%), Vitamin B6: 0.04mg (1.89%), Vitamin B12: 0.07µg (1.22%)