



WHATSheATE



Peanut Butter Swirl Brownies

READY IN



75 min.

SERVINGS



8

CALORIES



1002 kcal

DESSERT

Ingredients

- ☐ 0.5 cup confectioners' sugar sifted
- ☐ 8 ounces cream cheese at room temperature
- ☐ 1 cup creamy peanut butter (do not use all natural)
- ☐ 5 large eggs at room temperature
- ☐ 1 cup flour all-purpose
- ☐ 0.5 cup brown sugar light packed
- ☐ 0.5 teaspoon salt
- ☐ 4 ounces bittersweet chocolate chopped
- ☐ 2 cups sugar

- ☐ 20 tablespoons butter unsalted at room temperature ()
- ☐ 1 teaspoon vanilla extract

Equipment

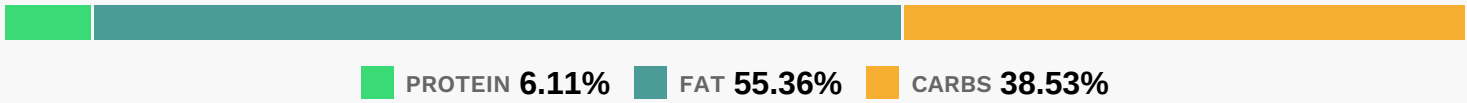
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ baking pan
- ☐ hand mixer
- ☐ toothpicks
- ☐ aluminum foil
- ☐ cookie cutter
- ☐ pastry bag

Directions

- ☐ Preheat oven to 350F. Line a 13-by-9-inch baking pan with foil; mist foil with cooking spray. In a small saucepan over low heat, melt chocolate with 2 sticks butter, stirring until smooth.
- ☐ Pour into a large bowl and let cool to room temperature.
- ☐ In a bowl, using an electric mixer, cream peanut butter, brown sugar, cream cheese and remaining 1/2 stick butter until well combined, about 3 minutes. Beat in 1 egg.
- ☐ Whisk 4 eggs, sugar and vanilla into bowl with melted chocolate; mix well. Stir in flour and salt.
- ☐ Pour batter into baking pan. Spoon reserved peanut-butter mixture on top and use a sharp knife to swirl mixtures together.
- ☐ Bake until a toothpick inserted into center comes out with a few moist crumbs attached, about 50 minutes.
- ☐ Let cool in pan on a wire rack.

Stir 1 to 2 tsp. cold water into confectioners' sugar until mixture forms a thick, smooth paste. Spoon into a pastry bag fitted with a small plain tip. Using a 1- to 2-inch cookie cutter, cut 12 football shapes out of brownie. Pipe laces onto brownies and allow to set before serving.

Nutrition Facts



Properties

Glycemic Index:23.26, Glycemic Load:44.74, Inflammation Score:-8, Nutrition Score:16.501739232436%

Nutrients (% of daily need)

Calories: 1001.71kcal (50.09%), Fat: 63.34g (97.44%), Saturated Fat: 31.09g (194.3%), Carbohydrates: 99.19g (33.06%), Net Carbohydrates: 96.09g (34.94%), Sugar: 80.47g (89.41%), Cholesterol: 220.98mg (73.66%), Sodium: 427.21mg (18.57%), Alcohol: 0.17g (100%), Alcohol %: 0.1% (100%), Caffeine: 12.19mg (4.06%), Protein: 15.73g (31.47%), Manganese: 0.79mg (39.65%), Selenium: 20.7µg (29.57%), Vitamin E: 4.41mg (29.43%), Vitamin A: 1431.22IU (28.62%), Vitamin B3: 5.41mg (27.06%), Phosphorus: 264.25mg (26.42%), Magnesium: 91.19mg (22.8%), Vitamin B2: 0.38mg (22.18%), Copper: 0.38mg (18.95%), Folate: 74.76µg (18.69%), Iron: 2.89mg (16.07%), Vitamin B1: 0.19mg (12.83%), Zinc: 1.89mg (12.61%), Fiber: 3.1g (12.42%), Vitamin B6: 0.23mg (11.54%), Vitamin B5: 1.15mg (11.5%), Potassium: 388.13mg (11.09%), Calcium: 92.47mg (9.25%), Vitamin D: 1.15µg (7.67%), Vitamin B12: 0.43µg (7.09%), Vitamin K: 4.3µg (4.1%)