



Peppermint Cheesecake Brownies

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



223 kcal

DESSERT

Ingredients

- 1.5 cups brown sugar packed
- 0.3 cup buttermilk
- 0.3 cup canola oil
- 8 ounce cream cheese
- 1 large eggs
- 1 large egg whites
- 2 large egg whites
- 1 cup flour all-purpose

- 1 tablespoon flour all-purpose
- 0.3 cup granulated sugar
- 0.3 teaspoon peppermint extract
- 0.5 teaspoon salt
- 0.5 cup cocoa powder unsweetened
- 2 teaspoons vanilla extract

Equipment

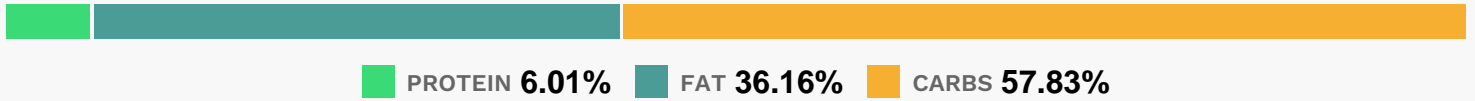
- bowl
- frying pan
- oven
- knife
- whisk
- wire rack
- blender
- baking pan
- measuring cup

Directions

- Preheat oven to 35
- To prepare cheesecake batter, place cheese in a medium bowl; beat with a mixer at medium speed until smooth.
- Add granulated sugar and peppermint extract; beat well.
- Add 1 egg and 1 egg white; beat well.
- Add 1 tablespoon flour; beat mixture just until blended.
- To prepare brownie batter, weigh or lightly spoon 5 ounces (about 1 cup) flour into a dry measuring cup; level with a knife.
- Combine 5 ounces flour, cocoa, and salt in a medium bowl, stirring with a whisk.

- Combine brown sugar, oil, buttermilk, vanilla, 2 egg whites, and 1 egg in a large bowl; beat with a mixer at medium-high speed until well blended.
- Add flour mixture to brown sugar mixture; beat at low speed just until blended.
- Reserve 1/2 cup of brownie batter.
- Pour remaining batter into a 9-inch square baking pan coated with cooking spray. Carefully pour cheesecake batter over top; spread evenly to edges. Dot cheesecake batter with reserved brownie batter. Swirl top two layers of batters together using the tip of a knife.
- Bake at 350 for 26 minutes or until top is set. Cool completely in pan on a wire rack.

Nutrition Facts



Properties

Glycemic Index:17.38, Glycemic Load:7.75, Inflammation Score:-3, Nutrition Score:4.1208695173264%

Flavonoids

Catechin: 1.74mg, Catechin: 1.74mg, Catechin: 1.74mg, Catechin: 1.74mg Epicatechin: 5.28mg, Epicatechin: 5.28mg, Epicatechin: 5.28mg, Epicatechin: 5.28mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 222.87kcal (11.14%), Fat: 9.27g (14.26%), Saturated Fat: 3.52g (22%), Carbohydrates: 33.36g (11.12%), Net Carbohydrates: 32.14g (11.69%), Sugar: 25.08g (27.86%), Cholesterol: 26.35mg (8.78%), Sodium: 142.42mg (6.19%), Alcohol: 0.19g (100%), Alcohol %: 0.36% (100%), Caffeine: 6.18mg (2.06%), Protein: 3.47g (6.94%), Selenium: 7.02µg (10.03%), Manganese: 0.18mg (8.89%), Vitamin B2: 0.13mg (7.6%), Copper: 0.13mg (6.57%), Phosphorus: 55mg (5.5%), Iron: 0.98mg (5.47%), Vitamin E: 0.78mg (5.18%), Magnesium: 19.86mg (4.97%), Vitamin B1: 0.07mg (4.91%), Fiber: 1.22g (4.87%), Folate: 19.4µg (4.85%), Vitamin A: 213.43IU (4.27%), Calcium: 42.19mg (4.22%), Potassium: 116.24mg (3.32%), Vitamin B3: 0.6mg (2.99%), Vitamin K: 2.91µg (2.77%), Zinc: 0.38mg (2.5%), Vitamin B5: 0.23mg (2.25%), Vitamin B6: 0.03mg (1.52%), Vitamin B12: 0.08µg (1.36%)