



Pumpkin Cream Cheese Oreo Chunk Brownies

 Popular

READY IN



45 min.

SERVINGS



12

CALORIES



481 kcal

DESSERT

Ingredients

- ☐ 2 cups chocolate chunks
- ☐ 4 ounces cream cheese softened
- ☐ 2 large eggs plus 1 egg yolk
- ☐ 1 cup gold medal flour all-purpose
- ☐ 0.5 cup granulated sugar
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 teaspoon kosher salt
- ☐ 2 tablespoons brown sugar light packed

- ☐ 10 oreo cookies
- ☐ 0.5 cup pumpkin puree
- ☐ 1.5 cups semi-sweet chocolate chips
- ☐ 2 tablespoons vegetable oil

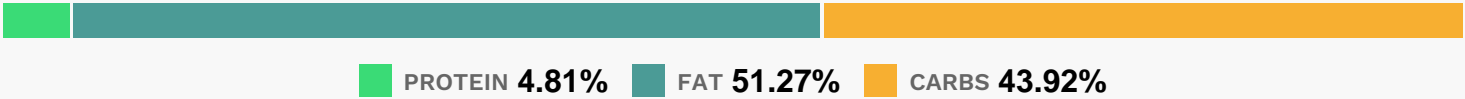
Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ mixing bowl
- ☐ baking pan
- ☐ aluminum foil
- ☐ microwave

Directions

- ☐ Preheat oven to 350 degrees F. and line an 8×8 inch baking dish with foil that has been sprayed with cooking spray.
- ☐ Place butter into a large mixing bowl and microwave until melted and hot, about 45 seconds or so.
- ☐ Pour in chocolate chips and stir until mostly melted. It's ok, if it's not perfectly smooth.
- ☐ Add flour, salt and sugars.
- ☐ Mix a few times then add egg yolks and oil.
- ☐ Mix until well combined then add chocolate chunks.
- ☐ Transfer batter to prepared baking dish, spreading evenly.
- ☐ Place cream cheese, brown sugar and cinnamon into a large bowl. Beat until creamy and smooth.
- ☐ Place dollops over brownie batter then take a knife and swirl pumpkin mixture through brownies. Top and gently press broken up pieces of Oreo Cookies into pumpkin layer.
- ☐ Bake for 40–50 minutes, until cooked through.
- ☐ Let cool completely before cutting into squares.

Nutrition Facts



Properties

Glycemic Index:14.76, Glycemic Load:11.71, Inflammation Score:-8, Nutrition Score:13.262173839237%

Nutrients (% of daily need)

Calories: 480.62kcal (24.03%), Fat: 27.57g (42.42%), Saturated Fat: 14.18g (88.64%), Carbohydrates: 53.15g (17.72%), Net Carbohydrates: 48.22g (17.53%), Sugar: 33.5g (37.22%), Cholesterol: 43.16mg (14.39%), Sodium: 124.67mg (5.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 43.68mg (14.56%), Protein: 5.82g (11.64%), Manganese: 0.84mg (41.91%), Vitamin A: 1782.04IU (35.64%), Copper: 0.69mg (34.58%), Iron: 5.12mg (28.46%), Magnesium: 98.93mg (24.73%), Fiber: 4.93g (19.71%), Phosphorus: 175.96mg (17.6%), Selenium: 10.79µg (15.41%), Vitamin K: 12.43µg (11.84%), Zinc: 1.61mg (10.74%), Potassium: 359.01mg (10.26%), Vitamin B1: 0.13mg (8.48%), Vitamin B2: 0.14mg (8.45%), Folate: 31.4µg (7.85%), Vitamin B3: 1.35mg (6.73%), Vitamin E: 1mg (6.66%), Calcium: 52.88mg (5.29%), Vitamin B5: 0.41mg (4.09%), Vitamin B12: 0.17µg (2.77%), Vitamin B6: 0.05mg (2.29%), Vitamin D: 0.15µg (1.02%)