



Pumpkin Cream Cheese Swirl Brownies

READY IN



55 min.

SERVINGS



12

CALORIES



574 kcal

DESSERT

Ingredients

- 2 sticks butter
- 1 tsp calumet baking powder
- 29 oz pumpkin canned
- 0.5 tsp cinnamon
- 0.5 oz. pkg. philadelphia cream cheese
- 4 eggs
- 1.5 cups flour all-purpose
- 0.5 tsp nutmeg
- 1 tsp salt

- 2 cups baker's semi-sweet chocolate chunks
- 2.3 cups sugar
- 1.3 cups cocoa powder unsweetened
- 1 Tbsp vanilla

Equipment

- frying pan
- sauce pan
- oven
- mixing bowl
- baking pan
- microwave

Directions

- PREHEAT the oven to 350F.
- MELT butter in a saucepan over low and add in sugar. Stir constantly for about 2 minutes. It will be thick.
- ADD melted butter/sugar combination to a mixing bowl and mix in the cocoa powder, salt, eggs, baking powder and vanilla.
- Mix in the flour and chocolate chips. The mixture will be thick.
- SOFTEN the PHILADELPHIA Cream Cheese in the microwave and mix in the cinnamon and nutmeg.
- Mix the cream cheese in with the can of pumpkin.
- GREASE the bottom of a baking pan.
- Add half of the pumpkin mixture to the bottom of the pan.
- Layer the brownie mix over the pumpkin. Top with the final layer of pumpkin mixture.
- BAKE for 45 minutes.
- Let rest for about an hour before serving.

Nutrition Facts



■ PROTEIN 5.28% ■ FAT 44.29% ■ CARBS 50.43%

Properties

Glycemic Index:32.42, Glycemic Load:34.94, Inflammation Score:-10, Nutrition Score:19.419130563736%

Flavonoids

Catechin: 5.81mg, Catechin: 5.81mg, Catechin: 5.81mg, Catechin: 5.81mg Epicatechin: 17.6mg, Epicatechin: 17.6mg, Epicatechin: 17.6mg, Epicatechin: 17.6mg Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg

Nutrients (% of daily need)

Calories: 574.09kcal (28.7%), Fat: 29.58g (45.51%), Saturated Fat: 17.44g (109.03%), Carbohydrates: 75.8g (25.27%), Net Carbohydrates: 67.66g (24.6%), Sugar: 50.82g (56.47%), Cholesterol: 96.84mg (32.28%), Sodium: 389.05mg (16.92%), Alcohol: 0.37g (100%), Alcohol %: 0.24% (100%), Caffeine: 45.69mg (15.23%), Protein: 7.93g (15.86%), Vitamin A: 11227.82IU (224.56%), Manganese: 0.97mg (48.45%), Copper: 0.81mg (40.74%), Fiber: 8.13g (32.54%), Magnesium: 117.85mg (29.46%), Iron: 5.11mg (28.37%), Phosphorus: 225.5mg (22.55%), Selenium: 14.23µg (20.33%), Vitamin K: 14.73µg (14.03%), Potassium: 487.47mg (13.93%), Vitamin B2: 0.23mg (13.64%), Zinc: 1.82mg (12.16%), Folate: 47.22µg (11.81%), Vitamin B1: 0.16mg (10.85%), Vitamin E: 1.51mg (10.07%), Calcium: 88.83mg (8.88%), Vitamin B3: 1.64mg (8.2%), Vitamin B5: 0.7mg (6.99%), Vitamin B6: 0.09mg (4.59%), Vitamin B12: 0.22µg (3.59%), Vitamin C: 2.88mg (3.5%), Vitamin D: 0.29µg (1.96%)