



Pumpkin Swirl Brownies

READY IN



140 min.

SERVINGS



16

CALORIES



174 kcal

DESSERT

Ingredients

- ☐ 3 oz cream cheese softened (from 8-oz package)
- ☐ 0.3 cup sugar
- ☐ 0.3 cup pumpkin pie filling/mix canned (not pumpkin pie mix)
- ☐ 1 tablespoon flour all-purpose
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.1 teaspoon nutmeg
- ☐ 1 egg yolk separated for brownie batter
- ☐ 16 oz brownie mix
- ☐ 1 serving vegetable oil for on brownie mix box

☐ 1 serving egg yolk

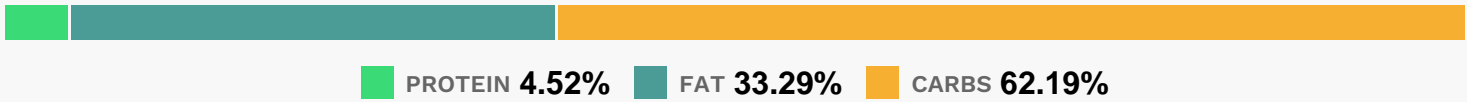
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ toothpicks

Directions

- ☐ Heat oven to 350°F (325°F for dark or nonstick pan). Grease bottom of 9-inch square pan with shortening or cooking spray. In small bowl, mix cream cheese and sugar with spoon until smooth.
- ☐ Add pumpkin, flour, cinnamon, nutmeg and egg white; mix until well blended. Set aside.
- ☐ Make brownie batter as directed on box, adding reserved egg yolk. Reserve 1/2 cup brownie batter; set aside.
- ☐ Spread remaining batter in pan. Spoon filling by tablespoonful dollops evenly onto batter, making 3 rows by 3 rows. Spoon about 1 tablespoon of the reserved brownie batter in center of each filling dollop. Draw knife through mixture in four straight lines horizontally, then vertically for swirled design.
- ☐ Bake 30 to 35 minutes or until toothpick inserted 2 inches from side of pan comes out almost clean. Cool 30 minutes on cooling rack. Refrigerate at least 1 hour until chilled.
- ☐ Cut into 4 rows by 4 rows. Store covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:15.44, Glycemic Load:2.52, Inflammation Score:-3, Nutrition Score:1.4247825871343%

Nutrients (% of daily need)

Calories: 173.7kcal (8.69%), Fat: 6.48g (9.96%), Saturated Fat: 2.07g (12.92%), Carbohydrates: 27.23g (9.08%), Net Carbohydrates: 26.79g (9.74%), Sugar: 17.4g (19.33%), Cholesterol: 18.19mg (6.06%), Sodium: 108.87mg (4.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.98g (3.95%), Vitamin A: 438.97IU (8.78%), Iron: 0.91mg (5.08%), Manganese: 0.04mg (2.19%), Selenium: 1.35µg (1.93%), Fiber: 0.43g (1.73%), Vitamin K: 1.77µg (1.69%), Vitamin B2: 0.03mg (1.56%), Phosphorus: 12.84mg (1.28%), Vitamin B5: 0.12mg (1.16%), Folate: 4.57µg (1.14%), Vitamin E: 0.15mg (1.01%)