



Raspberry Brownies

READY IN



145 min.

SERVINGS



25

CALORIES



220 kcal

DESSERT

Ingredients

- 4 oz baker's chocolate unsweetened
- 0.8 cup butter
- 3 eggs
- 1 cup flour
- 0.3 cup raspberry jam seedless
- 4 oz baker's semi-sweet chocolate (6 oz.)
- 2 cups sugar
- 1 tsp vanilla
- 0.8 cup whipping cream

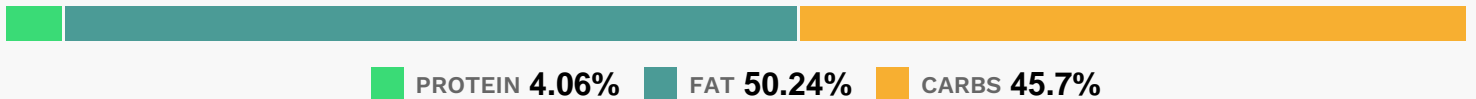
Equipment

- bowl
- frying pan
- oven
- toothpicks
- aluminum foil
- microwave

Directions

- Heat oven to 350F.
- Line 13x9-inch pan with foil, with ends of foil extending over sides; spray with cooking spray. Microwave unsweetened chocolate and butter in large microwaveable bowl on HIGH 2 min. or until butter is melted. Stir until chocolate is completely melted.
- Add sugar; mix well. Blend in eggs and vanilla. Stir in flour until well blended.
- Spread onto bottom of prepared pan.
- Bake 30 to 35 min. or until toothpick inserted in center comes out with fudgy crumbs. (Do not overbake.) Cool in pan.
- Spread jam over brownies. Microwave semi-sweet chocolate and cream in microwaveable bowl on HIGH 2 min. or just until mixture comes to boil. Stir until chocolate is completely melted and mixture is well blended; spread over jam layer. Refrigerate 1 hour or until chocolate layer is firm. Use foil handles to lift dessert from pan before cutting to serve.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:15.2, Inflammation Score:-4, Nutrition Score:4.1486956218015%

Flavonoids

Catechin: 2.92mg, Catechin: 2.92mg, Catechin: 2.92mg, Catechin: 2.92mg Epicatechin: 6.43mg, Epicatechin: 6.43mg, Epicatechin: 6.43mg, Epicatechin: 6.43mg

Nutrients (% of daily need)

Calories: 219.51kcal (10.98%), Fat: 12.77g (19.65%), Saturated Fat: 5.42g (33.87%), Carbohydrates: 26.15g (8.72%), Net Carbohydrates: 24.86g (9.04%), Sugar: 19.59g (21.76%), Cholesterol: 27.98mg (9.33%), Sodium: 76.55mg (3.33%), Alcohol: 0.06g (100%), Alcohol %: 0.14% (100%), Caffeine: 7.53mg (2.51%), Protein: 2.32g (4.64%), Manganese: 0.29mg (14.36%), Copper: 0.22mg (10.98%), Iron: 1.43mg (7.96%), Vitamin A: 379.33IU (7.59%), Magnesium: 25.41mg (6.35%), Selenium: 4.44µg (6.35%), Phosphorus: 52.16mg (5.22%), Fiber: 1.29g (5.15%), Vitamin B2: 0.08mg (4.55%), Zinc: 0.68mg (4.54%), Vitamin B1: 0.05mg (3.48%), Folate: 13.63µg (3.41%), Vitamin E: 0.38mg (2.56%), Potassium: 88.83mg (2.54%), Vitamin B3: 0.41mg (2.03%), Calcium: 18.71mg (1.87%), Vitamin B5: 0.15mg (1.49%), Vitamin D: 0.22µg (1.47%), Vitamin B12: 0.07µg (1.22%)