



## Raspberry Brownies

READY IN



65 min.

SERVINGS



25

CALORIES



237 kcal

DESSERT

### Ingredients

- ☐ 1 cup chocolate chips
- ☐ 4 large eggs
- ☐ 1 cup flour all-purpose
- ☐ 0.5 cup raspberry jam seedless
- ☐ 0.3 teaspoon salt
- ☐ 4 ounces bittersweet chocolate chopped
- ☐ 2 cups sugar
- ☐ 16 tablespoons butter unsalted cut into pieces (2 sticks)
- ☐ 1 teaspoon vanilla extract

## Equipment




- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ baking pan
- ☐ toothpicks
- ☐ aluminum foil
- ☐ cutting board

## Directions

- ☐ Preheat oven to 350F. Line a 9-by-13-inch baking dish with foil, leaving a 2-inch overhang on each short side. Mist with cooking spray.
- ☐ In a large pan over low heat, melt butter and semisweet chocolate, stirring often.
- ☐ Transfer to a bowl and let cool for 10 minutes.
- ☐ Whisk in sugar, eggs and vanilla, then stir in flour and salt until just combined. Fold in chocolate chips.
- ☐ Pour batter into baking dish. Spoon jam into a small bowl and stir vigorously to loosen.
- ☐ Drizzle jam evenly over batter and swirl in lightly with a spoon.
- ☐ Bake until the top has set and a toothpick inserted in center comes out clean, about 40 minutes.
- ☐ Let cool in pan on a wire rack.
- ☐ When completely cooled, run a knife around edges without foil. Using foil handles, lift brownies out of pan, place on a cutting board and peel off foil.
- ☐ Cut into 24 squares, then cut squares in half on the diagonal. Store in an airtight container at room temperature.

## Nutrition Facts



 **PROTEIN 3.16%**  **FAT 44.53%**  **CARBS 52.31%**

## Properties

Glycemic Index:8, Glycemic Load:16.47, Inflammation Score:-2, Nutrition Score:2.6960869716561%

## Nutrients (% of daily need)

Calories: 237.11kcal (11.86%), Fat: 11.93g (18.35%), Saturated Fat: 7.15g (44.67%), Carbohydrates: 31.53g (10.51%), Net Carbohydrates: 30.95g (11.26%), Sugar: 25.11g (27.9%), Cholesterol: 49.3mg (16.43%), Sodium: 38.5mg (1.67%), Alcohol: 0.05g (100%), Alcohol %: 0.12% (100%), Caffeine: 3.9mg (1.3%), Protein: 1.9g (3.81%), Selenium: 4.85µg (6.93%), Vitamin A: 269.38IU (5.39%), Manganese: 0.1mg (5.03%), Vitamin B2: 0.07mg (4.41%), Copper: 0.08mg (3.95%), Iron: 0.7mg (3.9%), Phosphorus: 36.49mg (3.65%), Folate: 13.93µg (3.48%), Vitamin B1: 0.05mg (3.03%), Magnesium: 10.51mg (2.63%), Fiber: 0.57g (2.29%), Vitamin E: 0.33mg (2.2%), Potassium: 70.63mg (2.02%), Vitamin D: 0.29µg (1.96%), Zinc: 0.27mg (1.82%), Vitamin B3: 0.35mg (1.73%), Vitamin B5: 0.17mg (1.69%), Calcium: 16.89mg (1.69%), Vitamin B12: 0.09µg (1.58%)