



Raspberry-Cream Cheese Brownies

 Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



140 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 1 large eggs
- ☐ 1 large egg white
- ☐ 2 large egg whites
- ☐ 0.8 cup flour all-purpose
- ☐ 2 teaspoons flour all-purpose
- ☐ 3 tablespoons raspberry preserves

- ☐ 0.1 teaspoon salt
- ☐ 0.3 cup stick margarine melted
- ☐ 0.3 cup sugar
- ☐ 1 cup sugar
- ☐ 0.7 cup cocoa unsweetened
- ☐ 0.5 teaspoon vanilla extract
- ☐ 1 teaspoon vanilla extract
- ☐ 1 tablespoon water

Equipment

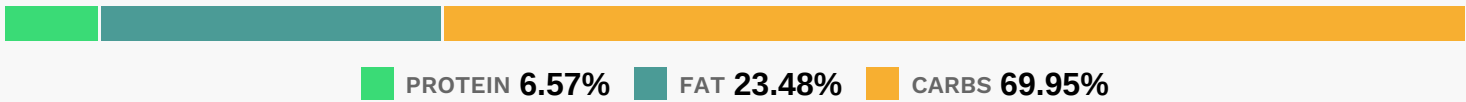
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ baking pan
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35
- ☐ To prepare the filling, beat the first 5 ingredients at medium speed of a mixer until well-blended, and set aside.
- ☐ To prepare the brownies, coat the bottom of an 8-inch baking pan with cooking spray (do not coat the sides of the pan). Lightly spoon 3/4 cup flour into dry measuring cups, and level with a knife.
- ☐ Combine the flour, baking powder, baking soda, and salt in a medium bowl.
- ☐ Combine 1 cup sugar and the next 6 ingredients (1 cup sugar through the 2 egg whites), stirring well with a whisk.

- ☐ Add to the flour mixture, stirring just until moist.
- ☐ Spread two-thirds of batter in bottom of prepared pan.
- ☐ Pour filling over batter, spreading evenly. Carefully drop the remaining batter and preserves by spoonfuls over filling; swirl together using the tip of a knife to marble.
- ☐ Bake at 350 for 40 minutes or until a wooden pick inserted in center comes out almost clean. Cool on a wire rack.

Nutrition Facts



Properties

Glycemic Index:27.32, Glycemic Load:16.42, Inflammation Score:-2, Nutrition Score:3.1378260637107%

Flavonoids

Catechin: 2.32mg, Catechin: 2.32mg, Catechin: 2.32mg, Catechin: 2.32mg Epicatechin: 7.04mg, Epicatechin: 7.04mg, Epicatechin: 7.04mg, Epicatechin: 7.04mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 140.38kcal (7.02%), Fat: 3.89g (5.99%), Saturated Fat: 1.01g (6.34%), Carbohydrates: 26.09g (8.7%), Net Carbohydrates: 24.55g (8.93%), Sugar: 18.63g (20.7%), Cholesterol: 11.63mg (3.88%), Sodium: 93.78mg (4.08%), Alcohol: 0.13g (100%), Alcohol %: 0.37% (100%), Caffeine: 8.24mg (2.75%), Protein: 2.45g (4.9%), Manganese: 0.18mg (9.19%), Copper: 0.15mg (7.68%), Selenium: 4.96µg (7.08%), Fiber: 1.53g (6.13%), Vitamin B2: 0.09mg (5.18%), Magnesium: 20.61mg (5.15%), Iron: 0.88mg (4.86%), Phosphorus: 42.97mg (4.3%), Folate: 14.49µg (3.62%), Vitamin B1: 0.05mg (3.55%), Vitamin A: 149.11IU (2.98%), Potassium: 80.75mg (2.31%), Vitamin B3: 0.45mg (2.26%), Zinc: 0.33mg (2.22%), Calcium: 13.47mg (1.35%), Vitamin E: 0.16mg (1.06%)