



Raspberry Fudge Brownies

READY IN



180 min.

SERVINGS



32

CALORIES



129 kcal

DESSERT

Ingredients

- 4 ounce semisweet baking chocolate chopped
- 0.3 teaspoon double-acting baking powder
- 0.5 cup butter melted
- 0.5 cup chocolate chips miniature
- 6 ounces cream cheese softened
- 1 egg yolk
- 2 eggs
- 0.5 cup evaporated milk
- 0.5 cup flour all-purpose

- 2 tablespoons raspberry jam seedless
- 0.3 teaspoon salt
- 0.3 cup cocoa powder unsweetened
- 0.5 teaspoon vanilla extract
- 1 cup non-dairy whipped topping frozen thawed
- 1 cup sugar white

Equipment

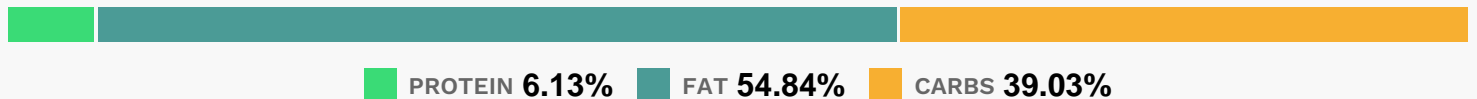
- bowl
- frying pan
- sauce pan
- oven
- whisk
- mixing bowl
- wire rack
- baking pan
- toothpicks
- aluminum foil

Directions

- Preheat an oven to 350 degrees F (175 degrees C). Line an 8 inch square baking pan with aluminum foil.
- In a large mixing bowl, beat the sugar, 2 whole eggs, and vanilla until combined.
- Mix in butter. In another bowl, combine the flour, cocoa powder, baking powder, and salt; stir into butter mixture, mixing just until incorporated. Fold in the chocolate chips.
- Pour the batter into the prepared pan.
- Bake in preheated oven until a toothpick inserted in the center comes out with moist crumbs attached, 25 to 30 minutes. Cool pan on wire rack.
- Whisk together the evaporated milk and egg yolk in a small saucepan.

- Heat over medium low, stirring constantly, until the mixture is very hot and thickens slightly; do not boil.
- Place the 4 ounces of chopped semisweet chocolate in a medium bowl, and slowly pour in the hot milk. Stir until the chocolate is melted and smooth.
- Pour the filling over the cooled brownies; refrigerate until firm, about 2 hours.
- Beat the cream cheese with the raspberry jam in a large bowl until smooth. Fold in the whipped topping, and add the food coloring if desired. Top the cooled brownies with the frosting, using a cake comb to create a design.
- Cut brownies into 16 squares, then cut each square in half diagonally to form triangles.
- Garnish with chocolate curls if desired.

Nutrition Facts



Properties

Glycemic Index:9.97, Glycemic Load:5.99, Inflammation Score:-3, Nutrition Score:2.99826086344493%

Flavonoids

Catechin: 2.86mg, Catechin: 2.86mg, Catechin: 2.86mg, Catechin: 2.86mg Epicatechin: 6.79mg, Epicatechin: 6.79mg, Epicatechin: 6.79mg, Epicatechin: 6.79mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 129.17kcal (6.46%), Fat: 8.37g (12.88%), Saturated Fat: 3.88g (24.25%), Carbohydrates: 13.41g (4.47%), Net Carbohydrates: 12.34g (4.49%), Sugar: 9.83g (10.92%), Cholesterol: 23.28mg (7.76%), Sodium: 85.11mg (3.7%), Alcohol: 0.02g (100%), Alcohol %: 0.08% (100%), Caffeine: 4.9mg (1.63%), Protein: 2.11g (4.21%), Manganese: 0.2mg (9.91%), Copper: 0.16mg (7.87%), Iron: 0.96mg (5.32%), Vitamin A: 238.67IU (4.77%), Phosphorus: 47.66mg (4.77%), Magnesium: 18.61mg (4.65%), Fiber: 1.06g (4.25%), Selenium: 2.9µg (4.15%), Vitamin B2: 0.06mg (3.6%), Zinc: 0.53mg (3.5%), Calcium: 30.87mg (3.09%), Potassium: 73.52mg (2.1%), Folate: 8µg (2%), Vitamin B1: 0.03mg (1.83%), Vitamin E: 0.23mg (1.57%), Vitamin B5: 0.13mg (1.34%), Vitamin B12: 0.06µg (1.03%), Vitamin B3: 0.2mg (1.01%)