



Raspberry-Swirl Brownies

READY IN



45 min.

SERVINGS



16

CALORIES



223 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon double-acting baking powder
- ☐ 2 tablespoons confectioners' sugar
- ☐ 1 cup brown sugar dark packed
- ☐ 2 large eggs
- ☐ 0.8 cup flour all-purpose
- ☐ 1 cup raspberries fresh
- ☐ 0.5 teaspoon salt
- ☐ 1.3 cups semi chocolate chips
- ☐ 8 tablespoons butter unsalted cut into 8 pieces (1 stick)

- ☐ 1 teaspoon vanilla extract

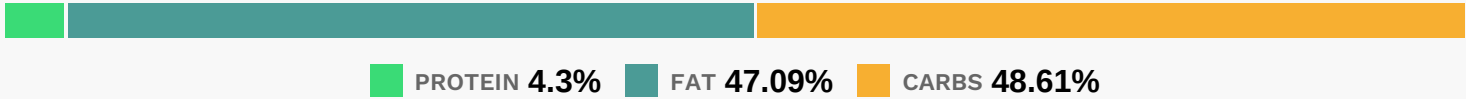
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ sieve
- ☐ toothpicks
- ☐ measuring cup

Directions

- ☐ In a pan over medium heat, bring berries and confectioners' sugar to a boil, mashing berries.
- ☐ Let boil for 1 minute.
- ☐ Pour through a fine strainer set over an 8-oz. measuring cup, pressing on solids to extract liquid. You should have about 1/2 cup of puree. Refrigerate until ready to use.
- ☐ Preheat oven to 350F. Grease and flour an 8-inch square pan.
- ☐ Place 3/4 cup chocolate chips and butter in a heatproof bowl set over a pan of simmering water and whisk until melted and smooth.
- ☐ Remove bowl from heat; whisk in brown sugar.
- ☐ Let cool, then whisk in eggs and vanilla.
- ☐ Mix flour, salt and baking powder and stir into chocolate mixture. Stir in remaining chocolate chips.
- ☐ Transfer to pan; smooth top.
- ☐ Drizzle puree over batter, then swirl a knife through to marbleize.
- ☐ Bake 45 to 50 minutes, until a toothpick inserted in center comes out clean.
- ☐ Transfer to a wire rack to cool completely.

Nutrition Facts



Properties

Glycemic Index:12.06, Glycemic Load:3.36, Inflammation Score:-3, Nutrition Score:4.4986956378688%

Flavonoids

Cyanidin: 3.43mg, Cyanidin: 3.43mg, Cyanidin: 3.43mg, Cyanidin: 3.43mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 222.67kcal (11.13%), Fat: 11.77g (18.1%), Saturated Fat: 6.9g (43.13%), Carbohydrates: 27.32g (9.11%), Net Carbohydrates: 25.55g (9.29%), Sugar: 19.88g (22.09%), Cholesterol: 39.14mg (13.05%), Sodium: 94.43mg (4.11%), Alcohol: 0.09g (100%), Alcohol %: 0.19% (100%), Caffeine: 12.09mg (4.03%), Protein: 2.42g (4.84%), Manganese: 0.29mg (14.41%), Copper: 0.2mg (10.15%), Iron: 1.43mg (7.94%), Selenium: 5.34µg (7.63%), Magnesium: 29.87mg (7.47%), Fiber: 1.77g (7.08%), Phosphorus: 61.06mg (6.11%), Vitamin A: 218.19IU (4.36%), Vitamin B2: 0.07mg (4.12%), Folate: 15.58µg (3.9%), Vitamin B1: 0.06mg (3.72%), Potassium: 126.34mg (3.61%), Zinc: 0.54mg (3.58%), Calcium: 31.82mg (3.18%), Vitamin B3: 0.53mg (2.66%), Vitamin E: 0.38mg (2.53%), Vitamin C: 1.97mg (2.38%), Vitamin B5: 0.21mg (2.14%), Vitamin K: 2.12µg (2.02%), Vitamin B12: 0.09µg (1.55%), Vitamin D: 0.23µg (1.53%), Vitamin B6: 0.03mg (1.4%)