



Red Velvet Brownies with Cream Cheese Frosting

 Vegetarian

READY IN



45 min.

SERVINGS



9

CALORIES



265 kcal

DESSERT

Ingredients

- 1 teaspoon cider vinegar
- 0.3 cup cocoa powder
- 8 ounce cream cheese softened
- 1 eggs
- 2 eggs lightly beaten
- 0.8 cup flour all-purpose
- 1 tablespoon food coloring red

- 1 pinch salt
- 0.5 cup butter unsalted melted
- 0.5 teaspoon vanilla extract
- 0.3 cup sugar white

Equipment

- bowl
- oven
- knife
- whisk
- baking pan
- toothpicks

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease an 8x8 baking dish with 1 teaspoon butter.
- Whisk 1 cup sugar and melted butter together in a bowl.
- Add vanilla, cocoa powder, salt, food coloring, vinegar, and eggs to sugar mixture, blending well after each addition.
- Stir flour into sugar mixture until batter is just combined.
- Pour batter into prepared baking dish, reserving 1/3 cup batter for cream cheese layer.
- Blend cream cheese, 1/4 cup sugar, egg, and vanilla extract together in a bowl.
- Spread cream cheese mixture over brownie batter in the prepared baking dish.
- Pour reserved 1/3 cup brownie batter in 2 rows over cream cheese layer. Pull a knife through the batter rows into cream cheese layer to form swirls.
- Bake in the preheated oven until a toothpick inserted into the center comes out clean, 30 to 35 minutes. Cool completely before slicing.

Nutrition Facts



■ PROTEIN 7.41% ■ FAT 68.51% ■ CARBS 24.08%

Properties

Glycemic Index:23.57, Glycemic Load:10.01, Inflammation Score:-5, Nutrition Score:5.5382608434428%

Flavonoids

Catechin: 1.55mg, Catechin: 1.55mg, Catechin: 1.55mg, Catechin: 1.55mg Epicatechin: 4.69mg, Epicatechin: 4.69mg, Epicatechin: 4.69mg, Epicatechin: 4.69mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 265.1kcal (13.26%), Fat: 20.74g (31.91%), Saturated Fat: 12.24g (76.48%), Carbohydrates: 16.4g (5.47%), Net Carbohydrates: 15.24g (5.54%), Sugar: 6.65g (7.39%), Cholesterol: 107.13mg (35.71%), Sodium: 106.46mg (4.63%), Alcohol: 0.08g (100%), Alcohol %: 0.13% (100%), Caffeine: 5.49mg (1.83%), Protein: 5.05g (10.1%), Selenium: 10.7µg (15.29%), Vitamin A: 732.78IU (14.66%), Vitamin B2: 0.19mg (11.04%), Phosphorus: 87.87mg (8.79%), Manganese: 0.17mg (8.61%), Folate: 29.37µg (7.34%), Vitamin B1: 0.1mg (6.4%), Copper: 0.12mg (6.16%), Iron: 1.11mg (6.15%), Fiber: 1.17g (4.66%), Magnesium: 18.55mg (4.64%), Vitamin E: 0.67mg (4.48%), Vitamin B5: 0.43mg (4.34%), Calcium: 40.43mg (4.04%), Zinc: 0.56mg (3.75%), Vitamin B3: 0.71mg (3.54%), Vitamin B12: 0.21µg (3.46%), Vitamin D: 0.48µg (3.22%), Potassium: 104.83mg (3%), Vitamin B6: 0.05mg (2.34%), Vitamin K: 1.55µg (1.47%)