



## Red Velvet-Peppermint Swirl Brownies

READY IN



110 min.

SERVINGS



1

CALORIES



5484 kcal

DESSERT

### Ingredients

- 4 oz bittersweet chocolate chopped
- 0.8 cup butter
- 8 oz cream cheese softened
- 2 egg whites
- 4 large eggs
- 1.5 cups flour all-purpose
- 2 tablespoons flour all-purpose
- 1 oz purple gel food coloring red
- 0.3 teaspoon peppermint extract

- 0.1 teaspoon salt
- 2.3 cups sugar divided
- 2 teaspoons vanilla extract divided

## Equipment

- bowl
- frying pan
- oven
- knife
- whisk
- wire rack
- hand mixer
- aluminum foil
- microwave

## Directions

- Preheat oven to 35
- Line bottom and sides of a 13- x 9-inch pan with aluminum foil, allowing 2 to 3 inches to extend over sides; lightly grease foil.
- Microwave chocolate and butter in a large microwave-safe bowl at HIGH 1 1/2 to 2 minutes or until melted and smooth, stirring at 30-second intervals.
- Whisk in 2 cups sugar.
- Add eggs, 1 at a time, whisking just until blended after each addition.
- Add food coloring, peppermint extract, and 1 tsp. vanilla. Gently stir in 1 1/2 cups flour and 1/8 tsp. salt.
- Pour batter into prepared pan.
- Beat cream cheese and remaining 1/4 cup sugar at medium speed with an electric mixer until fluffy.
- Add egg whites and remaining 1 tsp. vanilla, and beat until blended. Stir in 2 Tbsp. flour until smooth. Drop cream cheese mixture by heaping tablespoonfuls over batter in pan; gently

swirl with a knife.

- Bake at 350 for 30 to 32 minutes or until a wooden pick inserted in center comes out with a few moist crumbs. Cool completely in pan on a wire rack (about 1 hour). Lift brownies from pan, using foil sides as handles. Gently remove foil; cut brownies into squares.

## Nutrition Facts



**PROTEIN 5.41%** **FAT 45.74%** **CARBS 48.85%**

## Properties

Glycemic Index:297.09, Glycemic Load:429.37, Inflammation Score:-10, Nutrition Score:64.934347981992%

## Nutrients (% of daily need)

Calories: 5483.77kcal (274.19%), Fat: 282.09g (433.98%), Saturated Fat: 164.88g (1030.49%), Carbohydrates: 677.81g (225.94%), Net Carbohydrates: 663.27g (241.19%), Sugar: 502.21g (558.01%), Cholesterol: 1345.91mg (448.64%), Sodium: 2501.83mg (108.78%), Alcohol: 3.1g (100%), Alcohol %: 0.27% (100%), Caffeine: 97.52mg (32.51%), Protein: 75g (150%), Selenium: 175.48µg (250.69%), Vitamin B2: 2.91mg (170.99%), Vitamin A: 8437.12IU (168.74%), Manganese: 3.01mg (150.53%), Folate: 492.49µg (123.12%), Phosphorus: 1202.61mg (120.26%), Vitamin B1: 1.77mg (118%), Iron: 20.63mg (114.63%), Copper: 1.94mg (97.18%), Magnesium: 299.63mg (74.91%), Vitamin B3: 13.44mg (67.18%), Vitamin B5: 5.89mg (58.9%), Vitamin E: 8.79mg (58.61%), Fiber: 14.54g (58.16%), Zinc: 8.36mg (55.76%), Calcium: 483.4mg (48.34%), Vitamin B12: 2.83µg (47.11%), Potassium: 1596.05mg (45.6%), Vitamin B6: 0.61mg (30.26%), Vitamin D: 4µg (26.67%), Vitamin K: 26.05µg (24.81%)