



WHATSHEATE



Red Velvet Swirl Brownies



Vegetarian

READY IN



85 min.

SERVINGS



8

CALORIES



431 kcal

DESSERT

Ingredients

- ☐ 0.3 cup cocoa powder
- ☐ 8 ounces cream cheese softened
- ☐ 1 eggs
- ☐ 2 eggs
- ☐ 0.8 cup flour all-purpose
- ☐ 1 tablespoon food coloring red
- ☐ 1 pinch salt
- ☐ 0.3 cup sugar

- ☐ 1 cup sugar
- ☐ 1 stick butter unsalted
- ☐ 1 tablespoon butter unsalted for pan
- ☐ 0.1 teaspoon vanilla extract
- ☐ 1 teaspoon vanilla extract
- ☐ 1 teaspoon vinegar
- ☐ 0.3 cup walnuts toasted chopped

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ baking pan
- ☐ skewers

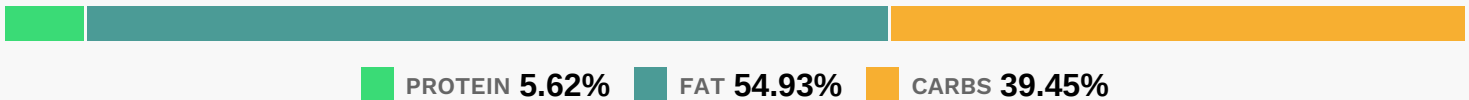
Directions

- ☐ Watch how to make this recipe.
- ☐ Special equipment: 8 by 8-inch baking pan
- ☐ Preheat the oven to 350 degrees F.
- ☐ Butter an 8 by 8-inch baking pan, and set aside.
- ☐ Brownie layer: In a saucepan on medium heat melt the butter.
- ☐ Remove the butter to a large bowl and add the sugar, vanilla, cocoa powder, salt, food coloring, and vinegar, in that order, mixing between additions.
- ☐ Whisk the eggs in a small bowl and stir it into the cocoa mix. Fold in the flour until lightly combined. Stir in the walnuts and pour the batter into the prepared baking pan, saving 1/4

cup of the batter for the top.

- ☐
- Cream cheese layer: Blend together the cream cheese, sugar, egg, and vanilla in a medium bowl. Gently spread the cream cheese layer on top of the brownie batter in the pan. Dollop the remaining brownie batter over the cream cheese layer. Using a skewer or the tip of a knife, drag the tip through the cream cheese mixture to create a swirl pattern.
- ☐
- Bake the brownies for 30 minutes.
- ☐
- Remove to a cooling rack and allow them to cool completely before cutting.

Nutrition Facts



Properties

Glycemic Index:39.02, Glycemic Load:28.76, Inflammation Score:-6, Nutrition Score:7.1643478428216%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Catechin: 1.74mg, Catechin: 1.74mg, Catechin: 1.74mg, Catechin: 1.74mg Epicatechin: 5.28mg, Epicatechin: 5.28mg, Epicatechin: 5.28mg, Epicatechin: 5.28mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 431.38kcal (21.57%), Fat: 27.16g (41.79%), Saturated Fat: 14.86g (92.86%), Carbohydrates: 43.89g (14.63%), Net Carbohydrates: 42.33g (15.39%), Sugar: 32.57g (36.19%), Cholesterol: 124.14mg (41.38%), Sodium: 120.29mg (5.23%), Alcohol: 0.19g (100%), Alcohol %: 0.22% (100%), Caffeine: 6.18mg (2.06%), Protein: 6.25g (12.5%), Selenium: 12.39µg (17.7%), Vitamin A: 867.28IU (17.35%), Manganese: 0.32mg (15.96%), Vitamin B2: 0.22mg (13.08%), Phosphorus: 111.91mg (11.19%), Copper: 0.2mg (9.95%), Folate: 36.67µg (9.17%), Vitamin B1: 0.12mg (8.04%), Iron: 1.36mg (7.57%), Magnesium: 26.69mg (6.67%), Fiber: 1.56g (6.22%), Vitamin E: 0.82mg (5.47%), Vitamin B5: 0.51mg (5.11%), Zinc: 0.75mg (5%), Calcium: 49.74mg (4.97%), Vitamin B3: 0.84mg (4.19%), Vitamin B12: 0.24µg (3.94%), Potassium: 134.99mg (3.86%), Vitamin D: 0.57µg (3.79%), Vitamin B6: 0.07mg (3.63%), Vitamin K: 1.96µg (1.86%)