



## Apricot-Filled White Chocolate Blondies

READY IN



20 min.

SERVINGS



15

CALORIES



292 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.5 teaspoon almond extract
- 0.5 cup almonds sliced
- 0.5 cup apricot preserves
- 0.5 cup butter
- 2 large eggs
- 1 cup flour all-purpose
- 0.5 teaspoon salt
- 0.5 cup sugar
- 0.5 cup coconut or sweetened flaked

- 12 oz chocolate morsels white divided

## Equipment

- frying pan
- sauce pan
- oven
- wire rack
- hand mixer
- aluminum foil

## Directions

- Melt butter in a saucepan over low heat, stirring just until melted.
- Remove pan from heat, and add 1 cup white chocolate morsels. (Do not stir.)
- Beat eggs at high speed with an electric mixer 2 minutes or until foamy. Gradually add sugar, beating until blended. Stir in white chocolate mixture and almond extract, stirring until blended.
- Add flour and salt, stirring just until blended.
- Spread half of batter into a lightly greased and floured 8-inch square pan.
- Bake at 325 for 20 minutes or until light golden brown.
- Melt 1/2 cup apricot preserves in a small saucepan over low heat, stirring often.
- Spread evenly over partially baked blondies in pan. Stir together coconut, remaining 1 cup white chocolate morsels, and remaining half of batter; spread over melted apricot preserves, spreading to edges of pan.
- Sprinkle batter with 1/2 cup sliced almonds.
- Bake at 325 for 25 minutes or until lightly browned. Cool completely in pan on a wire rack.
- Cut into bars.
- Note: To freeze, tightly wrap baked bars in aluminum foil.
- Place in a large zip-top plastic freezer bag; seal bag, and freeze up to 2 months.
- Let thaw at room temperature before cutting.

## Nutrition Facts

PROTEIN 5.21% FAT 49.68% CARBS 45.11%

## Properties

Glycemic Index:18.34, Glycemic Load:18.65, Inflammation Score:-2, Nutrition Score:4.6147826288057%

## Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## Nutrients (% of daily need)

Calories: 292.17kcal (14.61%), Fat: 16.49g (25.37%), Saturated Fat: 9.38g (58.6%), Carbohydrates: 33.7g (11.23%), Net Carbohydrates: 32.75g (11.91%), Sugar: 24.7g (27.45%), Cholesterol: 45.83mg (15.28%), Sodium: 167.55mg (7.28%), Alcohol: 0.05g (100%), Alcohol %: 0.09% (100%), Protein: 3.89g (7.78%), Vitamin B2: 0.18mg (10.39%), Selenium: 6.75µg (9.64%), Vitamin E: 1.26mg (8.42%), Phosphorus: 81.76mg (8.18%), Manganese: 0.16mg (8.08%), Calcium: 62.2mg (6.22%), Vitamin B1: 0.09mg (5.97%), Folate: 21.71µg (5.43%), Vitamin A: 248.09IU (4.96%), Iron: 0.76mg (4.21%), Vitamin B3: 0.8mg (4.02%), Copper: 0.08mg (3.94%), Magnesium: 15.56mg (3.89%), Fiber: 0.96g (3.83%), Potassium: 123.92mg (3.54%), Vitamin B12: 0.2µg (3.32%), Vitamin B5: 0.3mg (3.05%), Zinc: 0.44mg (2.94%), Vitamin K: 2.64µg (2.51%), Vitamin B6: 0.03mg (1.73%)