



## BAKER'S ONE BOWL White Chocolate Blonde Brownies

READY IN



50 min.

SERVINGS



50

CALORIES



57 kcal

DESSERT

### Ingredients

- 4 oz baker's chocolate white (6 oz.)
- 0.3 cup butter
- 0.5 tsp calumet baking powder
- 2 eggs
- 1 cup flour
- 1 cup planters pecans toasted chopped
- 0.5 tsp salt
- 0.8 cup sugar

## Equipment

- bowl
- frying pan
- oven
- toothpicks
- aluminum foil
- microwave

## Directions

- Heat oven to 350F.
- Line 8-inch square pan with foil, with ends of foil extending over sides. Spray with cooking spray. Microwave chocolate and butter in large microwaveable bowl on HIGH 1-1/2 min. or until butter is melted. Stir until chocolate is completely melted.
- Add sugar; mix well. Blend in eggs.
- Add flour, baking powder and salt; mix well. Stir in nuts.
- Spread into prepared pan.
- Bake 30 to 35 min. or until toothpick inserted in center comes out with fudgy crumbs. (Do not overbake.) Cool in pan. Use foil handles to lift brownies from pan before cutting to serve.

## Nutrition Facts



**PROTEIN 5.47%** **FAT 50%** **CARBS 44.53%**

## Properties

Glycemic Index:6.34, Glycemic Load:4.43, Inflammation Score:-1, Nutrition Score:1.1756521576773%

## Flavonoids

Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg Delphinidin: 0.14mg, Delphinidin: 0.14mg, Delphinidin: 0.14mg, Delphinidin: 0.14mg Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg

## Nutrients (% of daily need)

Calories: 57.26kcal (2.86%), Fat: 3.27g (5.03%), Saturated Fat: 0.81g (5.07%), Carbohydrates: 6.55g (2.18%), Net Carbohydrates: 6.29g (2.29%), Sugar: 4.42g (4.92%), Cholesterol: 7.02mg (2.34%), Sodium: 43.88mg (1.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.8g (1.61%), Manganese: 0.11mg (5.35%), Vitamin B1: 0.03mg (2.33%), Selenium: 1.58µg (2.26%), Vitamin B2: 0.03mg (1.79%), Phosphorus: 17.02mg (1.7%), Copper: 0.03mg (1.51%), Folate: 6.01µg (1.5%), Iron: 0.21mg (1.16%), Calcium: 10.58mg (1.06%), Fiber: 0.26g (1.05%), Vitamin A: 51.89IU (1.04%)