



Blonde Brownies I

 Popular

READY IN



50 min.

SERVINGS



12

CALORIES



251 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.1 teaspoon baking soda
- ☐ 1 cup brown sugar packed
- ☐ 0.3 cup butter melted
- ☐ 1 eggs beaten
- ☐ 1 cup flour all-purpose sifted
- ☐ 0.5 teaspoon salt
- ☐ 0.7 cup semi chocolate chips

- ☐ 1 tablespoon vanilla extract
- ☐ 0.5 cup walnuts chopped

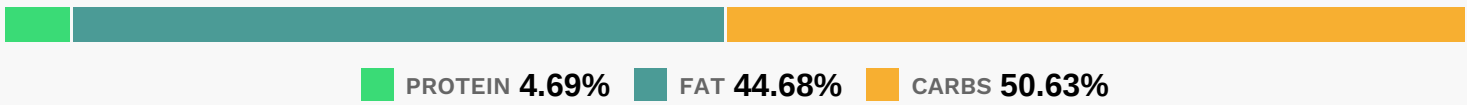
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ toothpicks

Directions

- ☐ Preheat oven to 350 degrees F (180 degrees C). Grease a 9x9-inch baking pan.
- ☐ Measure 1 cup sifted flour.
- ☐ Add baking powder, baking soda, and salt. Sift again.
- ☐ Add 1/2 cup chopped nuts.
- ☐ Mix well and set aside.
- ☐ Stir the brown sugar into the melted butter and mix well. Cool slightly.
- ☐ Mix the beaten egg and vanilla into the brown sugar mixture.
- ☐ Add flour mixture, a little at a time, mixing just until combined.
- ☐ Spread the batter into the prepared pan.
- ☐ Sprinkle 1/2 to 1 cup chocolate chips on top.
- ☐ Bake in the preheated oven until a toothpick inserted in the center comes out clean, about 20 to 25 minutes.

Nutrition Facts



Properties

Glycemic Index:19.75, Glycemic Load:5.86, Inflammation Score:-3, Nutrition Score:4.9400000915579%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg

Nutrients (% of daily need)

Calories: 251.03kcal (12.55%), Fat: 12.57g (19.35%), Saturated Fat: 5.87g (36.71%), Carbohydrates: 32.06g (10.69%), Net Carbohydrates: 30.65g (11.15%), Sugar: 21.76g (24.18%), Cholesterol: 27.8mg (9.27%), Sodium: 178.25mg (7.75%), Alcohol: 0.37g (100%), Alcohol %: 0.86% (100%), Caffeine: 8.6mg (2.87%), Protein: 2.97g (5.93%), Manganese: 0.39mg (19.27%), Copper: 0.23mg (11.47%), Selenium: 6.02µg (8.6%), Iron: 1.47mg (8.18%), Magnesium: 29.99mg (7.5%), Vitamin B1: 0.1mg (6.9%), Phosphorus: 67.34mg (6.73%), Folate: 25.94µg (6.48%), Fiber: 1.41g (5.63%), Vitamin B2: 0.08mg (4.92%), Calcium: 41.3mg (4.13%), Vitamin B3: 0.78mg (3.92%), Vitamin A: 183.35IU (3.67%), Zinc: 0.55mg (3.66%), Potassium: 121.96mg (3.48%), Vitamin B6: 0.05mg (2.42%), Vitamin B5: 0.19mg (1.91%), Vitamin E: 0.28mg (1.89%), Vitamin K: 1.34µg (1.27%), Vitamin B12: 0.06µg (1.02%)