

## Blonde Brownies III

READY IN



45 min.

SERVINGS



36

CALORIES



178 kcal

DESSERT

### Ingredients

- 2.5 teaspoons double-acting baking powder
- 2.5 cups brown sugar packed
- 0.7 cup butter
- 3 eggs
- 2.7 cups flour all-purpose
- 0.5 teaspoon salt
- 1 cup semi chocolate chips
- 1 cup walnut pieces chopped

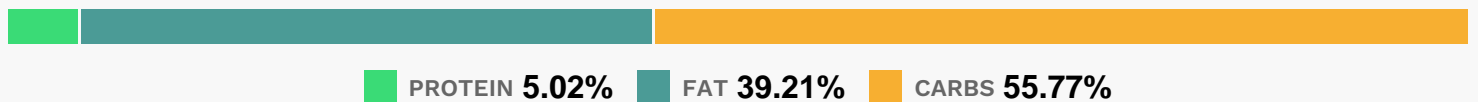
## Equipment

- frying pan
- oven
- baking pan

## Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease a 15 x 10 x 1 inch baking pan.
- Sift flour, baking powder and salt together, and set aside. Using a large pan, melt the butter and stir in the brown sugar.
- Let this cool for about 10 minutes and then add the eggs one at a time. Be sure to beat well after adding each egg.
- Add the flour mixture, the nuts and the chocolate chips and blend well.
- Spread in the greased pan.
- Bake 25 to 30 minutes in the preheated oven or until the edges begin to pull away from the sides.
- Cut into small squares when cool.

## Nutrition Facts



## Properties

Glycemic Index:6.58, Glycemic Load:5.23, Inflammation Score:-2, Nutrition Score:3.5639130701513%

## Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg

## Nutrients (% of daily need)

Calories: 177.5kcal (8.87%), Fat: 7.88g (12.13%), Saturated Fat: 3.59g (22.44%), Carbohydrates: 25.23g (8.41%), Net Carbohydrates: 24.36g (8.86%), Sugar: 16.78g (18.65%), Cholesterol: 22.98mg (7.66%), Sodium: 99.01mg (4.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 4.3mg (1.43%), Protein: 2.27g (4.55%), Manganese: 0.25mg (12.56%), Selenium: 5.07µg (7.24%), Copper: 0.14mg (6.86%), Vitamin B1: 0.09mg (5.8%), Iron: 1.04mg (5.8%), Folate: 22.13µg (5.53%), Phosphorus: 49.21mg (4.92%), Magnesium: 17.95mg (4.49%), Vitamin B2: 0.07mg (4.19%),

Calcium: 39.76mg (3.98%), Fiber: 0.87g (3.47%), Vitamin B3: 0.65mg (3.23%), Vitamin A: 128IU (2.56%), Zinc: 0.35mg (2.36%), Potassium: 79.04mg (2.26%), Vitamin B6: 0.04mg (1.79%), Vitamin B5: 0.16mg (1.55%), Vitamin E: 0.19mg (1.29%)