



Blonde Brownies with Brown Sugar Frosting

READY IN



90 min.

SERVINGS



36

CALORIES



146 kcal

DESSERT

Ingredients

- ☐ 1 cup granulated sugar
- ☐ 0.5 cup brown sugar packed
- ☐ 0.5 cup butter softened (do not use margarine)
- ☐ 1 teaspoon vanilla
- ☐ 2 eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup butter (do not use margarine)

- ☐ 0.7 cup brown sugar packed
- ☐ 3 tablespoons milk
- ☐ 2 cups powdered sugar
- ☐ 0.5 teaspoon vanilla
- ☐ 0.5 cup pecans chopped

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ hand mixer
- ☐ toothpicks

Directions

- ☐ Heat oven to 350°F. In large bowl, beat granulated sugar, 1/2 cup brown sugar, 1/2 cup butter, 1 teaspoon vanilla and the eggs with electric mixer on medium speed, or mix with spoon, until light and fluffy. Stir in flour, baking powder and salt. In ungreased 13x9-inch pan, spread batter evenly.
- ☐ Bake 20 to 23 minutes or until golden brown and toothpick inserted in center comes out clean. Cool completely, about 45 minutes.
- ☐ In 2-quart saucepan, melt 1/3 cup butter over low heat. Stir in 2/3 cup brown sugar; cook over low heat 2 minutes, stirring constantly. Stir in milk; cook until mixture comes to a rolling boil.
- ☐ Remove from heat. Gradually stir in powdered sugar and vanilla, mixing well with spoon after each addition, until smooth and spreadable. If necessary, add more milk, a few drops at a time.
- ☐ Spread frosting over brownies. Immediately sprinkle with pecans. For brownies, cut into 6 rows by 6 rows.

Nutrition Facts



 PROTEIN 2.9%  FAT 34.09%  CARBS 63.01%

Properties

Glycemic Index:7.92, Glycemic Load:6.81, Inflammation Score:-2, Nutrition Score:1.7378260939503%

Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg

Nutrients (% of daily need)

Calories: 146.4kcal (7.32%), Fat: 5.66g (8.71%), Saturated Fat: 1.08g (6.74%), Carbohydrates: 23.54g (7.85%), Net Carbohydrates: 23.25g (8.46%), Sugar: 19.14g (21.27%), Cholesterol: 9.24mg (3.08%), Sodium: 99.88mg (4.34%), Alcohol: 0.06g (100%), Alcohol %: 0.21% (100%), Protein: 1.08g (2.16%), Manganese: 0.11mg (5.5%), Vitamin A: 204.03IU (4.08%), Selenium: 2.76µg (3.94%), Vitamin B1: 0.05mg (3.54%), Folate: 11.14µg (2.78%), Vitamin B2: 0.05mg (2.65%), Iron: 0.39mg (2.18%), Phosphorus: 19.86mg (1.99%), Calcium: 18.93mg (1.89%), Vitamin B3: 0.34mg (1.69%), Copper: 0.03mg (1.59%), Vitamin E: 0.21mg (1.42%), Fiber: 0.29g (1.14%), Magnesium: 4.27mg (1.07%)