

## Blondie Brownies

READY IN



45 min.

SERVINGS



16

CALORIES



167 kcal

DESSERT

### Ingredients

- 0.5 teaspoon double-acting baking powder
- 1 cup brown sugar packed
- 1 eggs beaten
- 1 cup flour all-purpose
- 1 tablespoon milk
- 0.1 teaspoon salt
- 0.5 cup shortening
- 1 teaspoon vanilla extract
- 0.5 cup walnut pieces chopped

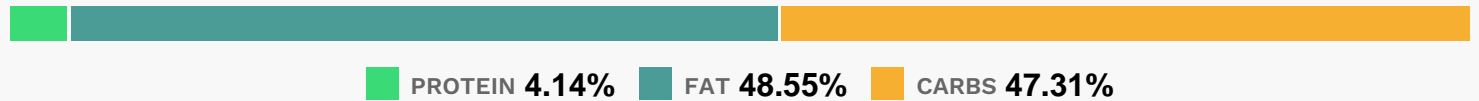
## Equipment

- frying pan
- sauce pan
- oven
- toothpicks

## Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease and flour one 8x8 inch pan.
- Combine shortening and milk in large saucepan.
- Place over low heat until shortening melts.
- Remove from heat, add the brown sugar and egg. Stir until well blended.
- Combine the flour, baking powder and salt; stir into sugar mixture. Stir in vanilla and nuts.
- Spread evenly into prepared pan.
- Bake at 350 degrees F (175 degrees C) for 20 to 25 minutes or until toothpick inserted in middle comes out clean. Cool and cut into 2x2 inch squares.

## Nutrition Facts



## Properties

Glycemic Index:14.06, Glycemic Load:4.41, Inflammation Score:-1, Nutrition Score:2.6960869598324%

## Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg

## Nutrients (% of daily need)

Calories: 166.51kcal (8.33%), Fat: 9.16g (14.09%), Saturated Fat: 1.94g (12.13%), Carbohydrates: 20.08g (6.69%), Net Carbohydrates: 19.63g (7.14%), Sugar: 13.54g (15.05%), Cholesterol: 10.34mg (3.45%), Sodium: 40.04mg (1.74%), Alcohol: 0.09g (100%), Alcohol %: 0.31% (100%), Protein: 1.76g (3.51%), Manganese: 0.19mg (9.42%), Selenium: 3.86µg (5.51%), Vitamin B1: 0.08mg (5.12%), Folate: 19.31µg (4.83%), Copper: 0.08mg (3.9%), Iron: 0.63mg (3.52%), Vitamin B2: 0.06mg (3.42%), Vitamin K: 3.54µg (3.37%), Phosphorus: 30.78mg (3.08%), Vitamin E: 0.45mg (3.02%), Calcium: 26.31mg (2.63%), Vitamin B3: 0.52mg (2.61%), Magnesium: 9.24mg (2.31%), Fiber: 0.46g (1.82%), Vitamin

B6: 0.03mg (1.7%), Vitamin B5: 0.16mg (1.63%), Zinc: 0.21mg (1.41%), Potassium: 48.37mg (1.38%)