



## Blondie With Dark Roots

READY IN



70 min.

SERVINGS



9

CALORIES



357 kcal

SIDE DISH

### Ingredients

- 0.5 teaspoon double-acting baking powder
- 0.5 teaspoon baking soda
- 3 ounces cream cheese at room temperature
- 0.5 cup chocolate chips dark
- 1 large eggs
- 1 cup flour all-purpose
- 0.5 cup hazelnuts chopped
- 1 cup brown sugar light packed
- 0.3 teaspoon salt

- 0.3 cup coconut or shredded sweetened
- 0.3 cup butter unsalted at room temperature
- 1 tablespoon vanilla extract

## Equipment

- bowl
- oven
- whisk
- blender
- baking pan
- toothpicks
- wooden spoon
- glass baking pan

## Directions

- Watch how to make this recipe.
- Preheat the oven to 350 degrees F. Mist an 8-inch-square glass baking dish with nonstick cooking spray.
- Whisk the flour, baking powder, baking soda and salt in a small bowl.
- Beat the butter and cream cheese in a large bowl with a mixer at medium speed until fluffy.
- Add the brown sugar and beat 3 to 4 more minutes. Beat in the vanilla and egg.
- Add the flour mixture and mix on low speed until just combined. Fold in the chocolate chips, hazelnuts and coconut with a wooden spoon.
- Spread the batter in the prepared baking dish and bake until a toothpick inserted into the center comes out clean, 35 to 40 minutes.
- Let cool 20 minutes in the dish before slicing.
- Photograph by Andrew Mccaul

## Nutrition Facts



■ PROTEIN 5.21% ■ FAT 46.85% ■ CARBS 47.94%

## Properties

Glycemic Index:23.22, Glycemic Load:7.93, Inflammation Score:-4, Nutrition Score:7.230000042397%

## Flavonoids

Cyanidin: 0.45mg, Cyanidin: 0.45mg, Cyanidin: 0.45mg, Cyanidin: 0.45mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg

## Nutrients (% of daily need)

Calories: 357.41kcal (17.87%), Fat: 18.82g (28.95%), Saturated Fat: 10.41g (65.04%), Carbohydrates: 43.32g (14.44%), Net Carbohydrates: 41.81g (15.2%), Sugar: 29.09g (32.32%), Cholesterol: 48.39mg (16.13%), Sodium: 211.94mg (9.21%), Alcohol: 0.5g (100%), Alcohol %: 0.76% (100%), Protein: 4.7g (9.41%), Manganese: 0.6mg (30.22%), Selenium: 8.7µg (12.43%), Vitamin B1: 0.17mg (11.18%), Vitamin E: 1.51mg (10.06%), Folate: 39.21µg (9.8%), Copper: 0.18mg (9.02%), Calcium: 88.2mg (8.82%), Vitamin B2: 0.15mg (8.58%), Iron: 1.44mg (8.02%), Phosphorus: 78.67mg (7.87%), Vitamin A: 369.35IU (7.39%), Fiber: 1.51g (6.06%), Magnesium: 22.89mg (5.72%), Vitamin B3: 1.11mg (5.53%), Potassium: 188.78mg (5.39%), Zinc: 0.79mg (5.3%), Vitamin B6: 0.09mg (4.44%), Vitamin B5: 0.4mg (3.96%), Vitamin K: 2.57µg (2.45%), Vitamin B12: 0.11µg (1.88%), Vitamin D: 0.24µg (1.58%)