



## Blondies

READY IN



45 min.

SERVINGS



18

CALORIES



276 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 0.5 cup almonds toasted coarsely chopped
- 1 teaspoon double-acting baking powder
- 0.5 cup muscovado sugar dark
- 1 cup muscovado sugar light
- 2 large eggs
- 1.5 cups flour all-purpose
- 1 cup milk chocolate chips
- 0.5 teaspoon salt
- 0.3 cup toffee chips

- 1.5 sticks butter unsalted plus more for buttering the pan
- 1.5 teaspoons vanilla extract

## Equipment

- bowl
- frying pan
- sauce pan
- baking paper
- oven
- whisk
- wire rack
- baking pan
- skewers
- cutting board

## Directions

- Watch how to make this recipe.
- Preheat the oven to 350 degrees F. Butter and line a 9-by-9-by-2-inch baking pan with parchment paper, allowing a 2-inch overhang. Butter the lining too.
- Whisk together the flour, baking powder and salt in a medium bowl and set aside.
- Melt the butter in a medium saucepan; add both sugars and whisk until combined and the sugar is melted, about 5 minutes.
- Transfer the mixture to a medium bowl and let cool slightly.
- Whisk in the eggs and vanilla extract until combined.
- Add the flour mixture and whisk until just incorporated. Fold in the chocolate chips, almonds and toffee chips and transfer the mixture to the prepared pan.
- Bake until the top cracks slightly and is firm to the touch and a skewer inserted into the center comes out with moist pieces clinging to it, 24 to 27 minutes.
- Remove to a wire rack and let cool completely.

Remove the bars from the pan using the parchment handles, transfer to a cutting board and cut into 2-inch squares.

## Nutrition Facts



PROTEIN 3.93% FAT 45.48% CARBS 50.59%

### Properties

Glycemic Index:12.67, Glycemic Load:6.93, Inflammation Score:-3, Nutrition Score:4.0573912759352%

### Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

### Nutrients (% of daily need)

Calories: 275.52kcal (13.78%), Fat: 14.18g (21.82%), Saturated Fat: 7.64g (47.75%), Carbohydrates: 35.5g (11.83%), Net Carbohydrates: 34.72g (12.63%), Sugar: 25.85g (28.72%), Cholesterol: 44.33mg (14.78%), Sodium: 106.92mg (4.65%), Alcohol: 0.11g (100%), Alcohol %: 0.24% (100%), Protein: 2.76g (5.51%), Vitamin E: 1.33mg (8.87%), Manganese: 0.18mg (8.82%), Selenium: 5.74µg (8.2%), Vitamin B2: 0.13mg (7.52%), Vitamin B1: 0.09mg (6.19%), Vitamin A: 303.22IU (6.06%), Folate: 23.95µg (5.99%), Calcium: 54.23mg (5.42%), Phosphorus: 50.29mg (5.03%), Iron: 0.89mg (4.92%), Vitamin B3: 0.79mg (3.95%), Magnesium: 15.75mg (3.94%), Copper: 0.07mg (3.52%), Fiber: 0.78g (3.11%), Potassium: 105.37mg (3.01%), Zinc: 0.29mg (1.91%), Vitamin B5: 0.19mg (1.88%), Vitamin D: 0.25µg (1.68%), Vitamin B6: 0.03mg (1.38%), Vitamin B12: 0.07µg (1.15%)