



WHATSheATE



Blondies

♡ Popular

READY IN



40 min.

SERVINGS



9

CALORIES



270 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup butter melted (1 stick, 112 g)
- ☐ 220 g tightly brown sugar dark packed
- ☐ 1 eggs lightly beaten
- ☐ 1 teaspoon vanilla
- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.1 teaspoon baking soda
- ☐ 1 pinch salt
- ☐ 128 g flour all-purpose

☐ 60 g butterscotch chips chopped (walnuts and chocolate chips are equally tasty)

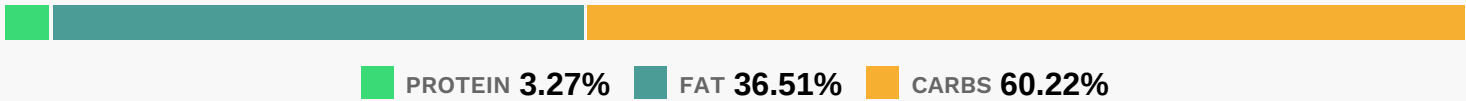
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat the oven to 350°F (175°C). Lightly butter and flour an 8X8-inch pan (20 cm x 20 cm).
- ☐ Whisk together the melted butter and sugar in a bowl.
- ☐ Add the egg and vanilla extract and whisk.
- ☐ Add the flour, baking soda, baking powder, and salt, mix it all together.
- ☐ Add the butterscotch chips or other mix-ins.
- ☐ Pour into the pan and spread evenly.
- ☐ Bake for 25–30 minutes or until a tester inserted into the center comes out clean. Allow to cool.
- ☐ Cut into squares or rectangles and serve.

Nutrition Facts



Properties

Glycemic Index:24.11, Glycemic Load:7.91, Inflammation Score:-3, Nutrition Score:3.3160869479179%

Nutrients (% of daily need)

Calories: 269.54kcal (13.48%), Fat: 11.05g (17%), Saturated Fat: 6.79g (42.47%), Carbohydrates: 41.02g (13.67%), Net Carbohydrates: 40.64g (14.78%), Sugar: 29.2g (32.44%), Cholesterol: 45.9mg (15.3%), Sodium: 164.33mg (7.14%), Alcohol: 0.15g (100%), Alcohol %: 0.3% (100%), Protein: 2.22g (4.45%), Selenium: 6.78µg (9.69%), Vitamin B1: 0.12mg (7.67%), Folate: 28.95µg (7.24%), Vitamin A: 348.22IU (6.96%), Vitamin B2: 0.1mg (5.79%), Manganese: 0.12mg (5.76%), Iron: 0.95mg (5.26%), Vitamin B3: 0.88mg (4.39%), Calcium: 41.56mg (4.16%), Phosphorus: 34.01mg (3.4%), Vitamin E: 0.36mg (2.39%), Vitamin B5: 0.18mg (1.84%), Copper: 0.04mg (1.8%), Potassium:

58.41mg (1.67%), Magnesium: 6.28mg (1.57%), Fiber: 0.38g (1.54%), Zinc: 0.19mg (1.25%), Vitamin B6: 0.03mg (1.25%), Vitamin B12: 0.06µg (1.08%)