



WHATShEATE



Butterscotch Blondie Bars with Peanut-Pretzel Caramel



Vegetarian

READY IN



45 min.

SERVINGS



40

CALORIES



214 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 double-acting baking powder
- ☐ 2 large eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 0.5 cup cup heavy whipping cream
- ☐ 0.3 cup honey
- ☐ 1 teaspoon kosher salt
- ☐ 2 cups brown sugar light packed ()

- ☐ 4 cups peanuts unsalted
- ☐ 2 cups sugar
- ☐ 0.3 cup butter unsalted ()
- ☐ 1 teaspoon vanilla extract

Equipment

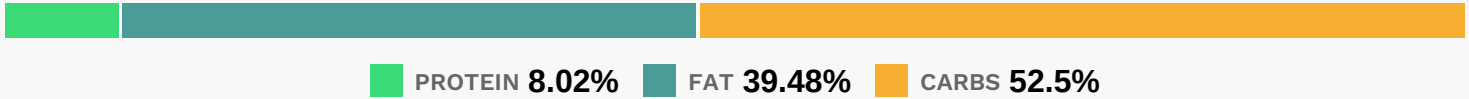
- ☐ bowl
- ☐ frying pan
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ spatula

Directions

- ☐ Preheat oven to 350°F. Line bakingpan with parchment paper, leaving a 1"overhang on long sides of pan.
- ☐ Whisk flour,baking powder, and salt in a medium bowl;set aside. Stir butter in a medium skilletover medium heat until browned bits format bottom of pan, 7–8 minutes.
- ☐ Transfer toa medium bowl.
- ☐ Add brown sugar. Using anelectric mixer, beat until well combined andmixture resembles wet sand, 2–3 minutes.
- ☐ Add eggs and vanilla; beat until fluffy andwell combined, about 2 minutes.
- ☐ Add dryingredients; beat until smooth (batter willbe thick). Using an offset or regular spatula,evenly spread batter in prepared pan.
- ☐ Bake blondie until golden brown, edgesspull away from sides of pan, and a testerinserted into center comes out with a fewmoist crumbs attached, 20–25 minutes.
- ☐ Letcool completely in pan on a wire rack.

- ☐ Preheat oven to 350°F. Line a rimmed baking sheet with parchment paper.
- ☐ Spread peanut butter over sheet in an even layer.
- ☐ Bake, stirring frequently, until golden brown and fragrant, 5–7 minutes. Set aside.
- ☐ Stir sugar and 1/2 cup water in a large saucepan over medium–low heat until sugar dissolves. Increase heat; boil without stirring, occasionally swirling pan and brushing down sides with a wet pastry brush, until caramel is deep amber, 12–15 minutes.
- ☐ Add honey; return to a boil, stirring often, about 1 minute longer.
- ☐ Add butter; stir until blended.
- ☐ Add cream (mixture will bubble vigorously); whisk until smooth. Stir in peanuts and pretzels.
- ☐ Pour over cooled blondie. Chill until cool, about 30 minutes.
- ☐ Run a knife around short sides of pan to release blondie. Using parchment–paper overhang, lift from pan.
- ☐ Cut lengthwise into 4 strips.
- ☐ Cut each strip crosswise into 10 bars. DO AHEAD: Chill for up to 1 week in an airtight container. Bring to room temperature before serving.

Nutrition Facts



Properties

Glycemic Index: 7.23, Glycemic Load: 10.49, Inflammation Score: -2, Nutrition Score: 4.3804347585563%

Nutrients (% of daily need)

Calories: 213.68kcal (10.68%), Fat: 9.8g (15.07%), Saturated Fat: 2.63g (16.41%), Carbohydrates: 29.31g (9.77%), Net Carbohydrates: 27.96g (10.17%), Sugar: 23.23g (25.81%), Cholesterol: 15.71mg (5.24%), Sodium: 72.19mg (3.14%), Alcohol: 0.03g (100%), Alcohol %: 0.09% (100%), Protein: 4.48g (8.96%), Manganese: 0.35mg (17.32%), Vitamin B3: 2.4mg (11.99%), Magnesium: 28.62mg (7.15%), Phosphorus: 66.7mg (6.67%), Folate: 24.23µg (6.06%), Selenium: 4.03µg (5.75%), Fiber: 1.36g (5.43%), Vitamin E: 0.81mg (5.39%), Vitamin B2: 0.07mg (4.25%), Vitamin B1: 0.06mg (4.04%), Vitamin B6: 0.08mg (4.02%), Copper: 0.08mg (3.92%), Potassium: 120.3mg (3.44%), Iron: 0.59mg (3.3%), Zinc: 0.49mg (3.25%), Vitamin B5: 0.29mg (2.88%), Calcium: 25.22mg (2.52%), Vitamin A: 92.69IU (1.85%)