



## Butterscotch Blondies

READY IN



45 min.

SERVINGS



24

CALORIES



171 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 2.5 cups firmly brown sugar light packed
- ☐ 0.8 cup egg substitute
- ☐ 9 ounces flour all-purpose
- ☐ 0.5 teaspoon salt
- ☐ 10 tablespoon butter unsalted

## Equipment

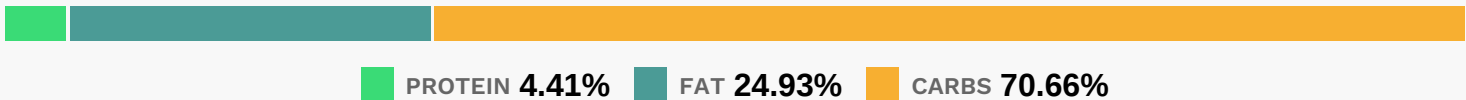
- ☐ bowl

- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ baking pan
- ☐ spatula
- ☐ measuring cup

## Directions

- ☐ Preheat oven to 35
- ☐ Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour, sugar, baking powder, and salt in a large bowl.
- ☐ Place butter in a small skillet over medium heat. Cook for 6 minutes or until lightly browned, stirring occasionally.
- ☐ Pour into a small bowl, and cool for 10 minutes.
- ☐ Combine butter and egg substitute, stirring with a whisk.
- ☐ Pour butter mixture over flour mixture; stir just until moistened. Spoon batter into a 13 x 9-inch baking pan coated with cooking spray; smooth top with spatula.
- ☐ Bake at 350 for 30 minutes or until a wooden pick inserted in center comes out clean. Cool in pan on a wire rack.
- ☐ Cut into 48 squares.

## Nutrition Facts



## Properties

Glycemic Index:6.96, Glycemic Load:5.95, Inflammation Score:-2, Nutrition Score:2.768695657182%

## Nutrients (% of daily need)

Calories: 171.38kcal (8.57%), Fat: 4.84g (7.44%), Saturated Fat: 3.01g (18.83%), Carbohydrates: 30.84g (10.28%), Net Carbohydrates: 30.55g (11.11%), Sugar: 22.41g (24.9%), Cholesterol: 12.54mg (4.18%), Sodium: 105.98mg (4.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.93g (3.85%), Selenium: 7.04µg (10.05%), Vitamin B1: 0.09mg (6.18%), Folate: 21.06µg (5.26%), Vitamin B2: 0.08mg (4.91%), Calcium: 47.11mg (4.71%), Iron: 0.84mg (4.68%), Manganese: 0.09mg (4.4%), Vitamin B3: 0.67mg (3.33%), Vitamin A: 162.65IU (3.25%), Phosphorus: 26.5mg (2.65%), Vitamin B5: 0.21mg (2.08%), Vitamin E: 0.26mg (1.74%), Potassium: 59.31mg (1.69%), Copper: 0.03mg (1.44%), Magnesium: 5.73mg (1.43%), Vitamin D: 0.21µg (1.38%), Vitamin B6: 0.02mg (1.21%), Fiber: 0.29g (1.15%), Zinc: 0.16mg (1.07%)