



Butterscotch-Pecan Blondies

 Vegetarian

READY IN



55 min.

SERVINGS



12

CALORIES



365 kcal

SIDE DISH

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.8 cup brown sugar dark packed
- ☐ 2 large eggs
- ☐ 2.5 cups flour all-purpose
- ☐ 0.8 cup granulated sugar
- ☐ 0.8 cup pecans chopped
- ☐ 0.8 teaspoon salt
- ☐ 0.8 cup toffee chips

- ☐ 1 stick butter unsalted plus more for the dish at room temperature
- ☐ 2 teaspoons vanilla extract

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ baking pan
- ☐ toothpicks
- ☐ aluminum foil

Directions

- ☐ Preheat the oven to 350 degrees F. Line a 9-by-13-inch baking dish with foil, leaving an overhang on 2 sides. Butter the foil.
- ☐ Whisk the flour, baking powder and salt in a medium bowl; set aside.
- ☐ Beat the butter, granulated sugar and brown sugar in a large bowl with a mixer on medium-high speed until fluffy, about 3 minutes.
- ☐ Add the vanilla and beat until combined.
- ☐ Add the eggs one at a time, beating after each addition. Reduce the mixer speed to low; beat in the flour mixture until just combined. Fold in 1/2 cup each butterscotch chips and pecans.
- ☐ Transfer the batter to the prepared dish and press with your fingers into an even layer.
- ☐ Bake until the dough starts setting, about 15 minutes, then sprinkle with the remaining 1/4 cup each butterscotch chips and pecans. Continue baking until puffed and golden and a toothpick inserted into the center comes out clean, 20 to 25 more minutes.
- ☐ Transfer to a rack and let cool completely. Lift out of the pan, peel off the foil and cut into pieces.
- ☐ Photograph by Charles Masters

Nutrition Facts



PROTEIN 4.82% **FAT 33.96%** **CARBS 61.22%**

Properties

Glycemic Index:20.59, Glycemic Load:23.3, Inflammation Score:-3, Nutrition Score:6.859999857519%

Flavonoids

Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg

Nutrients (% of daily need)

Calories: 365.49kcal (18.27%), Fat: 13.98g (21.51%), Saturated Fat: 5.78g (36.11%), Carbohydrates: 56.7g (18.9%), Net Carbohydrates: 55.34g (20.12%), Sugar: 34.83g (38.7%), Cholesterol: 52.2mg (17.4%), Sodium: 274.98mg (11.96%), Alcohol: 0.23g (100%), Alcohol %: 0.33% (100%), Protein: 4.46g (8.93%), Manganese: 0.5mg (24.91%), Selenium: 12.05µg (17.21%), Vitamin B1: 0.25mg (16.97%), Folate: 53.49µg (13.37%), Vitamin B2: 0.18mg (10.79%), Iron: 1.71mg (9.49%), Vitamin B3: 1.65mg (8.23%), Phosphorus: 81.06mg (8.11%), Copper: 0.13mg (6.74%), Calcium: 66.9mg (6.69%), Vitamin A: 294.76IU (5.9%), Fiber: 1.36g (5.43%), Magnesium: 16.66mg (4.17%), Zinc: 0.62mg (4.15%), Vitamin B5: 0.33mg (3.3%), Vitamin E: 0.43mg (2.84%), Potassium: 89.56mg (2.56%), Vitamin B6: 0.05mg (2.3%), Vitamin D: 0.31µg (2.05%), Vitamin B12: 0.09µg (1.5%)