



Caramel-Pretzel Blondies

 Vegetarian

READY IN



17 min.

SERVINGS



17

CALORIES



158 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 cup firmly brown sugar light packed
- ☐ 0.5 cup dry-roasted peanuts unsalted
- ☐ 0.3 cup dulce de leche jarred
- ☐ 1 large eggs
- ☐ 1 cup flour all-purpose
- ☐ 0.5 cup pretzels chopped (20 small pretzel twists)
- ☐ 0.5 teaspoon salt

- ☐ 8 tablespoons butter unsalted (1 stick)
- ☐ 1 teaspoon vanilla extract

Equipment

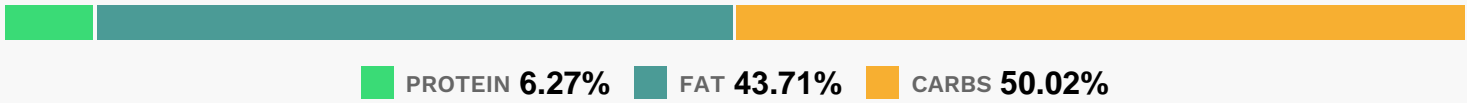
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ baking pan
- ☐ toothpicks
- ☐ aluminum foil
- ☐ spatula
- ☐ cutting board

Directions

- ☐ Preheat oven to 350F. Line an 8-inch square baking pan with heavy-duty aluminum foil, leaving a 1-inch overhang on at least 2 sides. Mist with cooking spray.
- ☐ In a small bowl, whisk flour, baking powder and salt. Melt butter in a medium saucepan over low heat.
- ☐ Remove from heat and whisk in brown sugar until no lumps remain.
- ☐ Whisk in egg and vanilla. Stir in flour mixture until just incorporated. Stir in peanuts and pretzels.
- ☐ Pour batter into baking pan and smooth with a spatula. Drop spoonfuls of dulce de leche on top; swirl decoratively with a knife.
- ☐ Bake blondies until lightly browned and a toothpick inserted into a solid part comes out clean, about 30 minutes.
- ☐ Let cool fully in pan on a wire rack.

- ☐
- Grasping overhanging foil on either side of pan, lift out blondies and place on a cutting board. Carefully peel off foil before cutting into 16 squares.
- ☐
- Serve.

Nutrition Facts



Properties

Glycemic Index:17.18, Glycemic Load:4.92, Inflammation Score:-2, Nutrition Score:2.8978260612196%

Nutrients (% of daily need)

Calories: 157.85kcal (7.89%), Fat: 7.84g (12.06%), Saturated Fat: 3.82g (23.86%), Carbohydrates: 20.18g (6.73%), Net Carbohydrates: 19.56g (7.11%), Sugar: 12.65g (14.05%), Cholesterol: 25.11mg (8.37%), Sodium: 136.12mg (5.92%), Alcohol: 0.08g (100%), Alcohol %: 0.26% (100%), Protein: 2.53g (5.06%), Manganese: 0.17mg (8.65%), Vitamin B3: 1.16mg (5.81%), Folate: 22.84µg (5.71%), Selenium: 3.99µg (5.71%), Vitamin B1: 0.08mg (5.21%), Phosphorus: 39.25mg (3.93%), Iron: 0.67mg (3.71%), Vitamin A: 180.52IU (3.61%), Vitamin B2: 0.06mg (3.53%), Calcium: 33.6mg (3.36%), Magnesium: 10.94mg (2.73%), Copper: 0.05mg (2.52%), Fiber: 0.62g (2.49%), Potassium: 67.24mg (1.92%), Vitamin B5: 0.17mg (1.66%), Zinc: 0.2mg (1.32%), Vitamin E: 0.19mg (1.29%), Vitamin B6: 0.03mg (1.29%), Vitamin D: 0.16µg (1.05%)