



Chef Kate's Goop Blondies

READY IN



45 min.

SERVINGS



16

CALORIES



155 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup all purpose flour (155 grams)
- ☐ 0.3 teaspoon baking soda
- ☐ 0.5 cup use coconut toasted coarsely chopped
- ☐ 0.3 cup brown sugar dark packed (80 grams)
- ☐ 1 large eggs
- ☐ 0.3 cup granulated cane sugar (72 grams)
- ☐ 0.5 cup marshmallows mini
- ☐ 0.5 cup semi-sweet chocolate chips
- ☐ 0.3 teaspoon salt

- ☐ 114 grams butter unsalted room temperature
- ☐ 5 ml vanilla extract

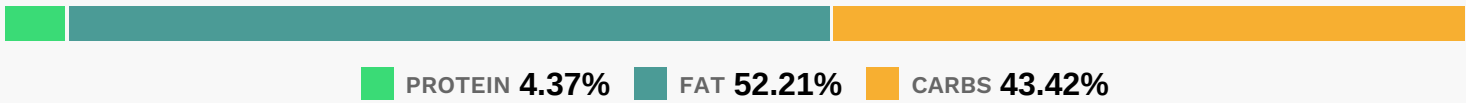
Equipment

- ☐ frying pan
- ☐ oven
- ☐ mixing bowl
- ☐ hand mixer
- ☐ aluminum foil

Directions

- ☐ Preheat to 350 degrees F. Grease an 8 inch metal pan or line with foil and spray with cooking spray.
- ☐ Mix dry ingredients in a bowl; Set aside.Cream butter and sugars in a mixing bowl, using high speed of an electric mixer; beat in the egg and vanilla, beating for about 30 seconds or until thoroughly mixed. With a mixing spoon, stir in the flour in 3 parts, being careful not to over mix. When flour mixture is almost incorporated, add the walnuts, chips and marshmallows and continue stirring until all flour is absorbed.
- ☐ Spread evenly in the prepared pan and bake for 25 minutes or until set.Makes 16 bars

Nutrition Facts



Properties

Glycemic Index:13.47, Glycemic Load:7.28, Inflammation Score:-2, Nutrition Score:2.7978260922043%

Nutrients (% of daily need)

Calories: 155.36kcal (7.77%), Fat: 9.1g (14%), Saturated Fat: 5.72g (35.74%), Carbohydrates: 17.02g (5.67%), Net Carbohydrates: 16.15g (5.87%), Sugar: 9.59g (10.65%), Cholesterol: 27.27mg (9.09%), Sodium: 62.13mg (2.7%), Alcohol: 0.09g (100%), Alcohol %: 0.35% (100%), Caffeine: 4.7mg (1.57%), Protein: 1.71g (3.42%), Manganese: 0.17mg (8.38%), Selenium: 4.48µg (6.4%), Copper: 0.1mg (4.87%), Iron: 0.86mg (4.75%), Vitamin B1: 0.07mg (4.43%), Folate: 16.68µg (4.17%), Vitamin A: 197.66IU (3.95%), Fiber: 0.88g (3.5%), Vitamin B2: 0.06mg (3.49%), Phosphorus: 33.66mg (3.37%), Magnesium: 13.04mg (3.26%), Vitamin B3: 0.53mg (2.66%), Zinc: 0.28mg (1.84%), Potassium:

59.42mg (1.7%), Vitamin E: 0.24mg (1.61%), Vitamin B5: 0.12mg (1.19%), Calcium: 11.36mg (1.14%), Vitamin D: 0.17µg (1.13%)