



Chock-Full Blondie Squares

READY IN



120 min.

SERVINGS



12

CALORIES



636 kcal

SIDE DISH

Ingredients

- ☐ 1.5 teaspoons baking soda
- ☐ 8 oz bittersweet chocolate unsweetened 70% coarsely chopped (not ; preferably 60 to cacao)
- ☐ 5 oz cherries dried
- ☐ 0.8 teaspoon cinnamon
- ☐ 5 oz cranberries dried
- ☐ 3 large eggs
- ☐ 2.5 cups flour all-purpose
- ☐ 5 oz golden raisins
- ☐ 1 teaspoon salt

- ☐ 2 cups sugar
- ☐ 1 cup butter unsalted cooled melted
- ☐ 1.5 teaspoons vanilla
- ☐ 1 cup water
- ☐ 1 cup almonds whole with skins (6 oz), toasted and very coarsely chopped

Equipment

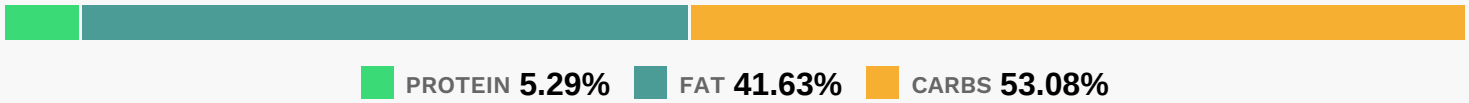
- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ sieve
- ☐ plastic wrap
- ☐ baking pan
- ☐ hand mixer
- ☐ skewers

Directions

- ☐ Put oven rack in middle position and preheat oven to 325°F. Butter and flour baking pan, knocking out excess flour.
- ☐ Pour boiling-hot water over dried fruit in a small bowl and soak 20 minutes, then drain well in a sieve.
- ☐ Stir together flour, baking soda, salt, and cinnamon in another bowl.
- ☐ Beat together melted butter, sugar, eggs, and vanilla in a large bowl with an electric mixer at high speed until creamy, about 1 minute. Reduce speed to low, then add flour mixture and mix until just combined.
- ☐ Mix in dried fruit, almonds, and chocolate.
- ☐ Spread batter evenly in baking pan and bake until golden brown and a wooden pick or skewer inserted in center comes out clean, 25 to 30 minutes. Cool completely in pan on a rack. Run a thin knife around edges of pan to loosen blondie, then cut blondie into roughly 3-inch squares.

Blondie can be baked (but not cut into squares) 2 days ahead and cooled completely, then kept, wrapped well in plastic wrap, at room temperature.

Nutrition Facts



Properties

Glycemic Index:19.9, Glycemic Load:43.17, Inflammation Score:-6, Nutrition Score:13.691304383071%

Flavonoids

Cyanidin: 3.93mg, Cyanidin: 3.93mg, Cyanidin: 3.93mg, Cyanidin: 3.93mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Peonidin: 0.18mg, Peonidin: 0.18mg, Peonidin: 0.18mg, Peonidin: 0.18mg Catechin: 0.67mg, Catechin: 0.67mg, Catechin: 0.67mg, Catechin: 0.67mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 0.32mg, Isorhamnetin: 0.32mg, Isorhamnetin: 0.32mg, Isorhamnetin: 0.32mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg

Nutrients (% of daily need)

Calories: 636.3kcal (31.82%), Fat: 30.29g (46.6%), Saturated Fat: 14.8g (92.49%), Carbohydrates: 86.88g (28.96%), Net Carbohydrates: 81.76g (29.73%), Sugar: 58g (64.44%), Cholesterol: 88.3mg (29.43%), Sodium: 356.34mg (15.49%), Alcohol: 0.17g (100%), Alcohol %: 0.12% (100%), Caffeine: 16.25mg (5.42%), Protein: 8.66g (17.32%), Manganese: 0.81mg (40.27%), Vitamin E: 4.02mg (26.81%), Copper: 0.47mg (23.6%), Vitamin B2: 0.37mg (22%), Selenium: 15.29µg (21.84%), Fiber: 5.12g (20.47%), Magnesium: 79.29mg (19.82%), Iron: 3.4mg (18.87%), Phosphorus: 180.99mg (18.1%), Vitamin B1: 0.25mg (16.44%), Folate: 60.18µg (15.04%), Vitamin B3: 2.37mg (11.83%), Vitamin A: 557.73IU (11.15%), Potassium: 366.28mg (10.47%), Zinc: 1.3mg (8.66%), Calcium: 70.43mg (7.04%), Vitamin B6: 0.1mg (5.24%), Vitamin B5: 0.51mg (5.05%), Vitamin K: 4.4µg (4.19%), Vitamin D: 0.53µg (3.56%), Vitamin B12: 0.18µg (2.96%), Vitamin C: 1.23mg (1.49%)