



## Chocolate Chip and Peanut Blondies

READY IN



45 min.

SERVINGS



16

CALORIES



209 kcal

SIDE DISH

### Ingredients

- 1 cup flour
- 0.3 teaspoon baking soda
- 3 ounces chocolate chips divided
- 2 large eggs
- 1.3 cups brown sugar packed ()
- 0.5 cup roasted peanuts salted divided
- 0.5 teaspoon salt
- 0.5 cup butter unsalted (1 stick)
- 1 teaspoon vanilla extract

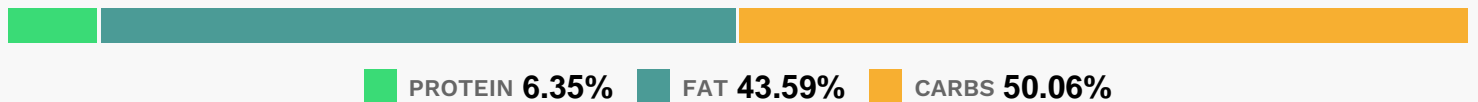
## Equipment

- bowl
- frying pan
- oven
- whisk
- baking pan
- spatula

## Directions

- Preheat oven to 350°F. Butter and flour 8x8x2-inch metal baking pan.
- Whisk 1 cup flour, salt, and baking soda in medium bowl to blend. Melt 1/2 cup butter in heavy large saucepan over low heat.
- Remove from heat; add sugar and whisk until smooth. Cool mixture 2 minutes; whisk in eggs and vanilla. Using flexible spatula, stir in flour mixture, then half of peanuts and half of chocolate chips.
- Spread batter in prepared pan; sprinkle with remaining peanuts and chocolate chips.
- Bake blondies until golden, tester inserted into center comes out clean, and edges just begin to pull away from sides of pan, about 30 minutes; cool completely in pan on rack. DO AHEAD: Can be made 2 days ahead. Cover tightly and store at room temperature.
- Cut blondies into 16 squares; serve.

## Nutrition Facts



## Properties

Glycemic Index: 4.69, Glycemic Load: 4.31, Inflammation Score: -2, Nutrition Score: 3.6360869730782%

## Nutrients (% of daily need)

Calories: 209.39kcal (10.47%), Fat: 10.33g (15.89%), Saturated Fat: 5.74g (35.86%), Carbohydrates: 26.69g (8.9%), Net Carbohydrates: 25.87g (9.41%), Sugar: 18.56g (20.63%), Cholesterol: 38.55mg (12.85%), Sodium: 129.86mg (5.65%), Alcohol: 0.09g (100%), Alcohol %: 0.22% (100%), Protein: 3.39g (6.77%), Manganese: 0.18mg (9.1%),

Selenium: 5.46µg (7.8%), Vitamin B3: 1.23mg (6.13%), Folate: 24.48µg (6.12%), Vitamin B1: 0.08mg (5.6%), Vitamin B2: 0.08mg (4.89%), Phosphorus: 47.57mg (4.76%), Iron: 0.77mg (4.27%), Vitamin A: 211.55IU (4.23%), Calcium: 41.38mg (4.14%), Magnesium: 13.77mg (3.44%), Fiber: 0.82g (3.28%), Copper: 0.07mg (3.25%), Potassium: 110.98mg (3.17%), Zinc: 0.43mg (2.84%), Vitamin B5: 0.26mg (2.64%), Vitamin E: 0.32mg (2.12%), Vitamin B6: 0.04mg (2%), Vitamin D: 0.23µg (1.54%), Vitamin B12: 0.08µg (1.38%)