



Chocolate Chip Blondies

READY IN



45 min.

SERVINGS



12

CALORIES



257 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 large eggs
- ☐ 1 cup flour all-purpose
- ☐ 1 cup brown sugar light packed
- ☐ 1 cup milk chocolate chips
- ☐ 0.3 teaspoon salt
- ☐ 8 tablespoons butter unsalted (1 stick)
- ☐ 1 teaspoon vanilla extract

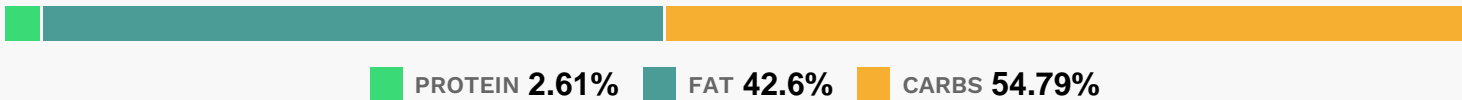
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ wire rack
- ☐ spatula
- ☐ muffin liners
- ☐ muffin tray

Directions

- ☐ Preheat oven to 375F. Mist a 12-cup muffin tin with nonstick cooking spray or line with paper muffin cups. In a small bowl, mix flour, baking powder and salt; stir with a fork to combine.
- ☐ Melt butter in a medium saucepan over low heat.
- ☐ Remove from heat and stir in brown sugar.
- ☐ Let cool slightly, then stir in egg and vanilla until smooth. Stir in flour mixture, then chocolate chips and nuts, if using.
- ☐ Portion out a little less than 1/4 cup batter into each muffin cup and smooth tops with a small spatula.
- ☐ Bake until just set, 15 to 17 minutes.
- ☐ Let blondies cool completely on a wire rack before removing from pan.

Nutrition Facts



Properties

Glycemic Index:13.92, Glycemic Load:5.84, Inflammation Score:-2, Nutrition Score:2.686956550764%

Nutrients (% of daily need)

Calories: 256.6kcal (12.83%), Fat: 12.35g (19.01%), Saturated Fat: 7.62g (47.62%), Carbohydrates: 35.75g (11.92%), Net Carbohydrates: 35.47g (12.9%), Sugar: 26.45g (29.38%), Cholesterol: 35.57mg (11.86%), Sodium: 96.1mg (4.18%), Alcohol: 0.11g (100%), Alcohol %: 0.25% (100%), Protein: 1.7g (3.41%), Selenium: 5.12µg (7.32%), Vitamin B1: 0.08mg (5.6%), Folate: 21.48µg (5.37%), Calcium: 51.72mg (5.17%), Vitamin A: 255.74IU (5.11%), Vitamin B2: 0.07mg (4.35%), Manganese: 0.09mg (4.26%), Iron: 0.73mg (4.03%), Vitamin B3: 0.64mg (3.22%), Phosphorus: 29.8mg (2.98%), Potassium: 86.95mg (2.48%), Vitamin E: 0.27mg (1.78%), Vitamin D: 0.22µg (1.49%), Vitamin B5: 0.14mg (1.44%), Copper: 0.03mg (1.42%), Magnesium: 4.76mg (1.19%), Fiber: 0.28g (1.13%)