



Chocolate Chip Blondies with Caramel-Bourbon Drizzle

READY IN



45 min.

SERVINGS



24

CALORIES



137 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 teaspoon bourbon
- ☐ 0.5 cup brown sugar packed
- ☐ 1 cup brown sugar packed
- ☐ 0.3 cup butter softened
- ☐ 1 tablespoon butter
- ☐ 1 large eggs lightly beaten
- ☐ 0.5 cup egg substitute

- ☐ 6.8 ounces flour all-purpose
- ☐ 0.5 cup quick-cooking oats
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup semi chocolate chips mini
- ☐ 1 teaspoon vanilla extract
- ☐ 1 tablespoon whipping cream

Equipment

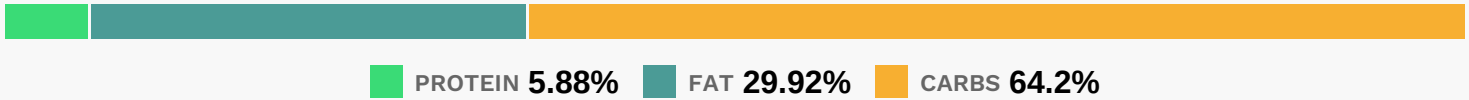
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ baking pan
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35
- ☐ To prepare blondies, lightly spoon flour into dry measuring cups, and level with a knife.
- ☐ Combine flour and next 3 ingredients (through salt), stirring well with a whisk.
- ☐ Place 1 cup sugar and 1/3 cup butter in a large bowl; beat with a mixer at medium speed until well blended.
- ☐ Add egg substitute and egg to sugar mixture; beat well.
- ☐ Add flour mixture; beat just until combined. Stir in chocolate chips and vanilla.
- ☐ Spoon batter into a 9-inch square baking pan coated with cooking spray.
- ☐ Bake at 350 for 25 minutes or until a wooden pick inserted into center comes out clean. Cool on a wire rack.

- ☐ To prepare drizzle, combine 1/2 cup sugar, 1 tablespoon butter, whipping cream, and bourbon in a medium saucepan over medium heat; bring to a boil. Cook 1 minute, stirring constantly with a whisk.
- ☐ Pour mixture into a bowl; chill 1 hour.
- ☐ Drizzle bourbon mixture over blondies; cut into 24 bars.

Nutrition Facts



Properties

Glycemic Index:14.46, Glycemic Load:5.09, Inflammation Score:-2, Nutrition Score:2.9173913299228%

Nutrients (% of daily need)

Calories: 137.36kcal (6.87%), Fat: 4.61g (7.09%), Saturated Fat: 2.71g (16.95%), Carbohydrates: 22.24g (7.41%), Net Carbohydrates: 21.66g (7.88%), Sugar: 14.45g (16.06%), Cholesterol: 16.64mg (5.55%), Sodium: 83.32mg (3.62%), Alcohol: 0.13g (100%), Alcohol %: 0.42% (100%), Protein: 2.04g (4.07%), Selenium: 6.41µg (9.16%), Manganese: 0.17mg (8.52%), Vitamin B1: 0.08mg (5.31%), Iron: 0.86mg (4.78%), Vitamin B2: 0.07mg (4.36%), Folate: 17.19µg (4.3%), Phosphorus: 36.05mg (3.61%), Magnesium: 13.14mg (3.28%), Calcium: 30.9mg (3.09%), Copper: 0.06mg (2.91%), Vitamin B3: 0.53mg (2.66%), Vitamin A: 126.3IU (2.53%), Fiber: 0.57g (2.3%), Vitamin B5: 0.19mg (1.93%), Potassium: 62.35mg (1.78%), Zinc: 0.26mg (1.74%), Vitamin E: 0.23mg (1.5%), Vitamin B6: 0.02mg (1.11%)