



## Chocolate Chip Pecan Blondie

READY IN



45 min.

SERVINGS



16

CALORIES



208 kcal

SIDE DISH

### Ingredients

- 0.5 cup butter unsalted melted
- 0.5 cup t brown sugar dark packed
- 1 cup granulated sugar
- 1 large eggs
- 1 teaspoon vanilla extract
- 1 cup flour all-purpose
- 0.5 teaspoon salt
- 0.8 cup semi chocolate chips

## Equipment

- bowl
- frying pan
- baking paper
- oven
- wire rack
- baking pan
- hand mixer
- aluminum foil
- spatula
- cutting board

## Directions

- Preheat the oven to 350°F degrees. Line an 8-inch square baking pan with an 8x11-inch piece of parchment paper, leaving a 2-inch overhang on two sides. You'll have to create seams in the corners and along the edges of the pan to get it to stay put (you can always add a few dots of butter underneath if necessary).
- In a large bowl of an electric mixer, beat the melted butter with the brown sugar and granulated sugar until well combined, about 2 minutes. Beat in the egg and vanilla. On low speed, mix in the flour and salt until just blended. Stir in the chocolate chips and nuts.
- Transfer the batter to the prepared pan and spread evenly with a rubber spatula.
- Bake for 25 to 30 minutes, until the top is set and lightly golden. Set the pan on a wire rack to cool. Using the parchment overhang, lift the blondie "cake" from the pan and transfer it to a cutting board; cut into 16 squares. Store the blondies in an airtight container at room temperature or freeze for longer storage.
- Freezer-Friendly Instructions: The blondies can be frozen for up to 3 months. After they are completely cooled, double-wrap them securely with aluminum foil or plastic freezer wrap. Thaw overnight on the countertop before serving.

## Nutrition Facts



■ PROTEIN 3.4% ■ FAT 40.23% ■ CARBS 56.37%

## Properties

Glycemic Index:9.07, Glycemic Load:13.04, Inflammation Score:-2, Nutrition Score:3.0469565261965%

## Nutrients (% of daily need)

Calories: 207.59kcal (10.38%), Fat: 9.4g (14.46%), Saturated Fat: 5.61g (35.08%), Carbohydrates: 29.64g (9.88%), Net Carbohydrates: 28.75g (10.46%), Sugar: 22.31g (24.79%), Cholesterol: 27.38mg (9.13%), Sodium: 80.96mg (3.52%), Alcohol: 0.09g (100%), Alcohol %: 0.24% (100%), Caffeine: 7.26mg (2.42%), Protein: 1.79g (3.57%), Manganese: 0.17mg (8.59%), Selenium: 4.55µg (6.49%), Copper: 0.12mg (6.21%), Iron: 1.01mg (5.6%), Magnesium: 17.74mg (4.43%), Vitamin B1: 0.07mg (4.38%), Folate: 16.05µg (4.01%), Vitamin A: 198.37IU (3.97%), Phosphorus: 38.56mg (3.86%), Vitamin B2: 0.06mg (3.65%), Fiber: 0.89g (3.54%), Vitamin B3: 0.55mg (2.73%), Zinc: 0.33mg (2.19%), Potassium: 71.99mg (2.06%), Vitamin E: 0.25mg (1.68%), Calcium: 15.76mg (1.58%), Vitamin B5: 0.12mg (1.24%), Vitamin D: 0.17µg (1.13%), Vitamin K: 1.14µg (1.08%)