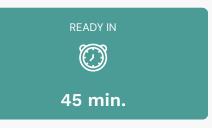


Chocolate Chip Pecan Blondie







SIDE DISH

Ingredients

O.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

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%)