



WHATSheATE



Chocolate Chip-Pretzel Blondies

READY IN



15 min.

SERVINGS



15

CALORIES



364 kcal

SIDE DISH

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 2 ounces bittersweet chocolate
- ☐ 1 cup chocolate chips
- ☐ 2 large eggs
- ☐ 2 cups flour all-purpose
- ☐ 1.5 cups brown sugar light packed
- ☐ 3 oz pretzels salted crushed
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup creamy peanut butter

- ☐ 12 tablespoons butter unsalted at room temperature ()
- ☐ 1 teaspoon vanilla extract

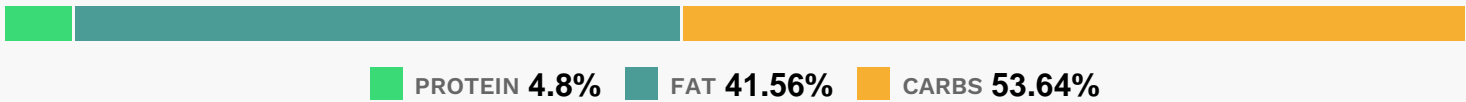
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ hand mixer
- ☐ toothpicks

Directions

- ☐ Preheat oven to 350F. Line a 9-by-13-inch baking pan with parchment.
- ☐ In a bowl, mix flour, baking powder and salt. Using an electric mixer, beat butter and sugar until light. Beat in eggs, one at a time, then vanilla. Reduce speed to low; beat in flour mixture. Stir in chocolate chips and 1 cup pretzels.
- ☐ Spread evenly in baking pan.
- ☐ Bake until a toothpick inserted into center comes out clean, 25 to 30 minutes.
- ☐ In a bowl set over a pan of simmering water, melt chocolate with peanut butter, stirring until smooth.
- ☐ Spread mixture evenly over blondies.
- ☐ Sprinkle with remaining crushed pretzels.
- ☐ Let cool before cutting into squares.

Nutrition Facts



Properties

Glycemic Index:17.6, Glycemic Load:13.03, Inflammation Score:-3, Nutrition Score:5.9773913576551%

Nutrients (% of daily need)

Calories: 364.41kcal (18.22%), Fat: 17.12g (26.34%), Saturated Fat: 9.42g (58.88%), Carbohydrates: 49.71g (16.57%),
Net Carbohydrates: 48.56g (17.66%), Sugar: 30.27g (33.63%), Cholesterol: 49.11mg (16.37%), Sodium: 187.51mg
(8.15%), Alcohol: 0.09g (100%), Alcohol %: 0.14% (100%), Caffeine: 3.25mg (1.08%), Protein: 4.45g (8.9%),
Manganese: 0.3mg (14.84%), Selenium: 8.82µg (12.6%), Folate: 48.15µg (12.04%), Vitamin B1: 0.17mg (11.02%),
Vitamin B3: 1.92mg (9.61%), Iron: 1.67mg (9.26%), Vitamin B2: 0.15mg (8.57%), Phosphorus: 75.21mg (7.52%),
Calcium: 65.29mg (6.53%), Vitamin A: 317.78IU (6.36%), Copper: 0.12mg (5.76%), Magnesium: 22.38mg (5.59%),
Vitamin E: 0.78mg (5.2%), Fiber: 1.15g (4.61%), Potassium: 152.08mg (4.35%), Zinc: 0.49mg (3.25%), Vitamin B5:
0.29mg (2.93%), Vitamin B6: 0.05mg (2.63%), Vitamin D: 0.3µg (2.01%), Vitamin B12: 0.09µg (1.42%), Vitamin K:
1.3µg (1.24%)