



Chocolate-Peanut Butter Blondies

READY IN



105 min.

SERVINGS



24

CALORIES



270 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 1.5 cups brown sugar packed
- ☐ 0.5 cup butter softened
- ☐ 1 cup creamy peanut butter
- ☐ 2 teaspoons vanilla
- ☐ 2 eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 1 teaspoon double-acting baking powder
- ☐ 2 cups bittersweet chocolate (11.5)

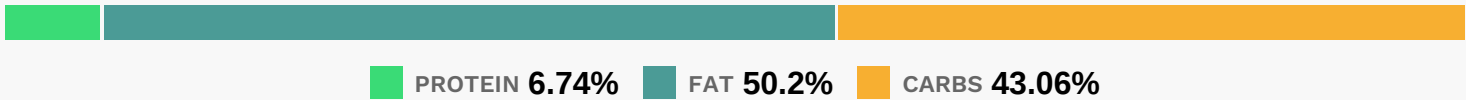
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ hand mixer

Directions

- ☐ Heat oven to 350°F. Grease 13x9-inch pan with shortening or cooking spray.
- ☐ In large bowl, beat brown sugar and butter with electric mixer on medium speed until light and fluffy. Beat in peanut butter, vanilla and eggs until well blended. Stir in flour and baking powder. Stir in chocolate chunks.
- ☐ Spread in pan.
- ☐ Bake 30 to 35 minutes or until set and golden brown. Cool completely in pan on cooling rack, about 1 hour.
- ☐ Cut into 6 rows by 4 rows.

Nutrition Facts



Properties

Glycemic Index:9.63, Glycemic Load:4.62, Inflammation Score:-3, Nutrition Score:6.1191304559293%

Nutrients (% of daily need)

Calories: 269.5kcal (13.48%), Fat: 15.34g (23.6%), Saturated Fat: 6.86g (42.85%), Carbohydrates: 29.61g (9.87%), Net Carbohydrates: 27.72g (10.08%), Sugar: 19.9g (22.11%), Cholesterol: 24.68mg (8.23%), Sodium: 104.89mg (4.56%), Alcohol: 0.11g (100%), Alcohol %: 0.26% (100%), Caffeine: 12.54mg (4.18%), Protein: 4.64g (9.27%), Manganese: 0.41mg (20.74%), Copper: 0.25mg (12.39%), Magnesium: 47.41mg (11.85%), Vitamin B3: 2.03mg (10.17%), Phosphorus: 95.41mg (9.54%), Iron: 1.65mg (9.18%), Vitamin E: 1.22mg (8.12%), Selenium: 5.65µg (8.07%), Fiber: 1.89g (7.58%), Folate: 25.54µg (6.39%), Vitamin B1: 0.08mg (5.5%), Zinc: 0.77mg (5.14%), Potassium: 176.69mg (5.05%), Vitamin B2: 0.09mg (5%), Calcium: 39.91mg (3.99%), Vitamin B6: 0.07mg (3.41%), Vitamin A: 145.27IU (2.91%), Vitamin B5: 0.27mg (2.72%), Vitamin K: 1.45µg (1.38%), Vitamin B12: 0.07µg (1.12%)