



Katy's Favorite Blondies

READY IN



45 min.

SERVINGS



24

CALORIES



294 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 2 cups bittersweet chocolate chips/ chunks
- ☐ 1 tablespoon rum dark
- ☐ 420 grams brown sugar packed
- ☐ 0.5 teaspoon salt
- ☐ 2 cups unbleached all purpose flour (280g 10 oz)
- ☐ 2 teaspoons vanilla
- ☐ 1 cup walnuts – katy leaves them out toasted
- ☐ 2 eggs whole

☐ 230 grams very warm unsalted melted

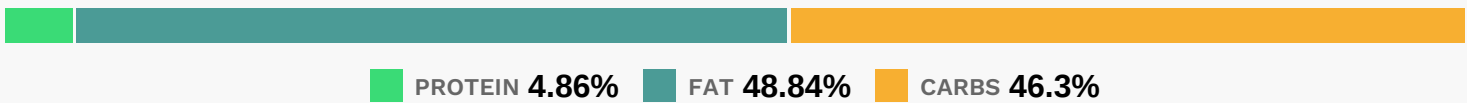
Equipment

- ☐ frying pan
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 350 F degrees F. (176 C). Line a 13×9 inch pan with foil or parchment paper or foil. I used foil and greased only the bottom.
- ☐ Mix together the flour, baking powder and salt; set aside.
- ☐ Mix together butter and brown sugar. If you’ve used very hot butter, let the mixture cool for 5 minutes before beating in the egg. With a spoon or whisk, gently beat in the eggs, vanilla and rum. Stir dry ingredients into batter.
- ☐ Let the batter cool down if it is still warm, then stir in the chips and walnuts (optional).
- ☐ Spread in pan and bake for about 35 minutes or until pale golden and edges start to pull away from the sides. Cool at room temperature or quick cool in an ice bath. I used the ice bath.

Nutrition Facts



Properties

Glycemic Index:5.29, Glycemic Load:0.13, Inflammation Score:-3, Nutrition Score:4.9526086805955%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg

Nutrients (% of daily need)

Calories: 293.79kcal (14.69%), Fat: 16.11g (24.79%), Saturated Fat: 9.7g (60.64%), Carbohydrates: 34.37g (11.46%), Net Carbohydrates: 33.19g (12.07%), Sugar: 22.31g (24.79%), Cholesterol: 34.39mg (11.46%), Sodium: 102.5mg (4.46%), Alcohol: 0.32g (100%), Alcohol %: 0.66% (100%), Protein: 3.6g (7.21%), Manganese: 0.27mg (13.61%),

Selenium: 5.98µg (8.55%), Calcium: 85.43mg (8.54%), Vitamin B1: 0.12mg (7.69%), Folate: 29.18µg (7.29%), Copper: 0.13mg (6.64%), Phosphorus: 62.8mg (6.28%), Vitamin B2: 0.11mg (6.23%), Iron: 1.04mg (5.76%), Zinc: 0.81mg (5.43%), Vitamin A: 261.97IU (5.24%), Fiber: 1.18g (4.71%), Potassium: 158.8mg (4.54%), Magnesium: 17.71mg (4.43%), Vitamin B3: 0.85mg (4.27%), Vitamin E: 0.55mg (3.7%), Vitamin B6: 0.06mg (3.2%), Vitamin B5: 0.28mg (2.76%), Vitamin K: 2µg (1.9%), Vitamin B12: 0.09µg (1.52%), Vitamin D: 0.22µg (1.45%)