



Lemon Mascarpone Blondies

 Vegetarian

READY IN



40 min.

SERVINGS



9

CALORIES



356 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup butter melted (1 stick, 112 g)
- ☐ 220 g tightly brown sugar dark packed
- ☐ 1 eggs lightly beaten
- ☐ 0.3 teaspoon vanilla
- ☐ 225 g mascarpone cheese
- ☐ 2 tablespoons juice of lemon
- ☐ 2.5 teaspoons lemon zest
- ☐ 0.5 teaspoon double-acting baking powder

- ☐ 0.1 teaspoon baking soda
- ☐ 1 pinch salt
- ☐ 128 g flour all-purpose

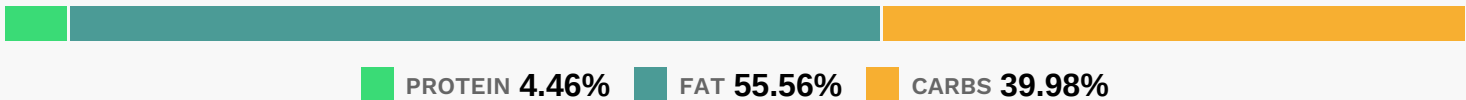
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ toothpicks

Directions

- ☐ Preheat the oven to 350°F (175°C). Lightly butter and flour an 8X8 pan (20cmX20cm).
- ☐ Whisk together the melted butter and sugar in a bowl.
- ☐ Add the egg and vanilla extract and whisk.
- ☐ Add the lemon juice, zest, and mascarpone cheese and mix thoroughly.
- ☐ Add the flour, baking soda, baking powder, and salt, mix it all together.
- ☐ Pour into the pan and spread evenly.
- ☐ Bake for 25–30 minutes or until a toothpick comes out clean. Allow to cool on a wire rack.
- ☐ Cut into squares and serve.

Nutrition Facts



Properties

Glycemic Index:24.11, Glycemic Load:7.91, Inflammation Score:-4, Nutrition Score:3.9100000391836%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 356kcal (17.8%), Fat: 22.09g (33.99%), Saturated Fat: 13.66g (85.37%), Carbohydrates: 35.77g (11.92%), Net Carbohydrates: 35.32g (12.84%), Sugar: 23.9g (26.55%), Cholesterol: 70.3mg (23.43%), Sodium: 152.05mg (6.61%), Alcohol: 0.04g (100%), Alcohol %: 0.06% (100%), Protein: 3.99g (7.98%), Vitamin A: 692.03IU (13.84%), Selenium: 6.75µg (9.64%), Calcium: 77.2mg (7.72%), Vitamin B1: 0.12mg (7.69%), Folate: 29.69µg (7.42%), Vitamin B2: 0.1mg (5.76%), Manganese: 0.11mg (5.73%), Iron: 0.95mg (5.3%), Vitamin B3: 0.88mg (4.41%), Phosphorus: 34.25mg (3.43%), Vitamin C: 2.01mg (2.43%), Vitamin E: 0.36mg (2.39%), Vitamin B5: 0.19mg (1.9%), Copper: 0.04mg (1.83%), Fiber: 0.45g (1.81%), Potassium: 62.03mg (1.77%), Magnesium: 6.52mg (1.63%), Vitamin B6: 0.03mg (1.37%), Zinc: 0.18mg (1.23%), Vitamin B12: 0.06µg (1.08%)