



PB and J Blondie

READY IN



150 min.

SERVINGS



24

CALORIES



168 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 teaspoon double-acting baking powder
- 2 large eggs beaten
- 1.5 cups flour all-purpose
- 0.5 cup grape preserves
- 1.5 cups brown sugar light packed
- 1 cup peanut butter chips
- 0.8 cup roasted peanuts crushed
- 0.5 teaspoon salt fine
- 0.8 cup butter salted cooled melted plus more for greasing

- 4 teaspoons vanilla extract

Equipment

- bowl
- oven
- knife
- whisk
- wire rack
- baking pan
- aluminum foil
- spatula
- skewers

Directions

- Preheat the oven to 350 degrees F and set the rack to the middle position.
- Place two overlapping sheets of greased parchment or foil in a 9- by 13-inch baking dish, so they form a cross and hang over the ends by at least 1 inch.
- Whisk together the flour, baking powder and salt in a small bowl. In another bowl, mix the melted butter and brown sugar until combined.
- Add in the eggs and vanilla, and mix until combined.
- Add the dry ingredients to the butter mixture and gently fold with a spatula until uniform. Fold in the peanut butter chips and peanuts.
- Pour the batter into the baking dish and spoon on the preserves. Using a skewer or knife, make swirly patterns into the batter with the preserves.
- Bake until the top is shiny and a cake tester comes out clean, 30 to 35 minutes. Cool in the dish on a wire rack. Using the ends of the foil or parchment, lift the blondies out the dish.
- Cut into 24 squares and serve!

Nutrition Facts



■ PROTEIN 6.34% ■ FAT 44.58% ■ CARBS 49.08%

Properties

Glycemic Index:10.96, Glycemic Load:4.61, Inflammation Score:-2, Nutrition Score:3.0473913080666%

Nutrients (% of daily need)

Calories: 168.1kcal (8.41%), Fat: 8.47g (13.03%), Saturated Fat: 4.14g (25.84%), Carbohydrates: 20.98g (6.99%), Net Carbohydrates: 20.34g (7.39%), Sugar: 13.95g (15.5%), Cholesterol: 30.75mg (10.25%), Sodium: 141.53mg (6.15%), Alcohol: 0.23g (100%), Alcohol %: 0.6% (100%), Protein: 2.71g (5.42%), Manganese: 0.17mg (8.73%), Selenium: 4.51µg (6.44%), Vitamin B3: 1.17mg (5.86%), Folate: 22.42µg (5.6%), Vitamin B1: 0.08mg (5.34%), Phosphorus: 40.92mg (4.09%), Vitamin A: 201.85IU (4.04%), Vitamin B2: 0.07mg (3.93%), Iron: 0.67mg (3.72%), Calcium: 31.39mg (3.14%), Magnesium: 11.61mg (2.9%), Copper: 0.06mg (2.77%), Fiber: 0.65g (2.58%), Potassium: 76.54mg (2.19%), Vitamin B5: 0.19mg (1.89%), Vitamin B6: 0.03mg (1.55%), Vitamin E: 0.22mg (1.46%), Zinc: 0.21mg (1.42%)