

## Peanut Butter Blondies

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



270 kcal

CONDIMENT

DIP

SPREAD

### Ingredients

- 1 teaspoon double-acting baking powder
- 4 tablespoons butter softened
- 0.5 cup creamy peanut butter
- 2 large eggs
- 1.3 cups flour
- 0.5 cup brown sugar
- 2 tablespoons peanuts chopped
- 0.5 teaspoon salt

- 1 cup sugar
- 1 teaspoon vanilla extract

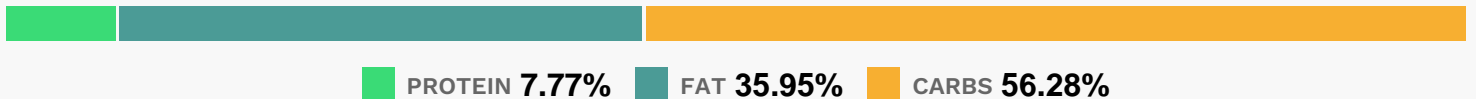
## Equipment

- bowl
- oven
- wire rack
- baking pan
- hand mixer
- toothpicks

## Directions

- With an electric mixer, beat butter and peanut butter until fluffy.
- Add sugar and light-brown sugar and beat until combined.
- Add eggs, one at a time, beating after each addition.
- Add vanilla and mix until smooth. In a separate bowl, stir together flour, baking powder, and salt. Gradually add the dry ingredients to the peanut butter mixture, beating after each addition, until a smooth dough forms.
- Spread batter in an 8-inch baking dish coated with cooking spray and sprinkle with chopped peanuts.
- Bake at 350 until a toothpick inserted in the center comes out clean (30-35 minutes). Cool blondies on a wire rack for 15 minutes, then cut into 12 rectangles and serve. (The blondies will keep for 3 to 4 days in an airtight container.)

## Nutrition Facts



## Properties

Glycemic Index:26.28, Glycemic Load:19.67, Inflammation Score:-3, Nutrition Score:5.6469564917295%

## Nutrients (% of daily need)

Calories: 269.75kcal (13.49%), Fat: 11.09g (17.06%), Saturated Fat: 3.89g (24.34%), Carbohydrates: 39.05g (13.02%), Net Carbohydrates: 38g (13.82%), Sugar: 26.77g (29.74%), Cholesterol: 41.03mg (13.68%), Sodium: 223.59mg (9.72%), Alcohol: 0.11g (100%), Alcohol %: 0.22% (100%), Protein: 5.39g (10.78%), Manganese: 0.31mg (15.31%), Vitamin B3: 2.53mg (12.67%), Selenium: 8.09µg (11.55%), Folate: 42.81µg (10.7%), Vitamin B1: 0.14mg (9.25%), Phosphorus: 83.22mg (8.32%), Vitamin B2: 0.13mg (7.91%), Vitamin E: 1.18mg (7.89%), Magnesium: 26.41mg (6.6%), Iron: 1.15mg (6.41%), Copper: 0.09mg (4.6%), Calcium: 42.36mg (4.24%), Fiber: 1.05g (4.2%), Vitamin B6: 0.08mg (3.89%), Vitamin B5: 0.35mg (3.49%), Zinc: 0.52mg (3.48%), Potassium: 113.62mg (3.25%), Vitamin A: 161.62IU (3.23%), Vitamin B12: 0.08µg (1.37%), Vitamin D: 0.17µg (1.11%)