



## Peanut Butter Cup Blondies

READY IN



120 min.

SERVINGS



20

CALORIES



156 kcal

DESSERT

### Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.3 cup butter cooled melted
- ☐ 0.3 cup creamy peanut butter
- ☐ 2 large eggs lightly beaten
- ☐ 1.3 cups flour all-purpose
- ☐ 1 cup granulated sugar
- ☐ 2 tablespoons milk 2% reduced-fat
- ☐ 3 ounce peanut butter cups coarsely chopped
- ☐ 0.3 teaspoon salt

- ☐ 0.3 cup semi chocolate chips
- ☐ 1 teaspoon vanilla extract

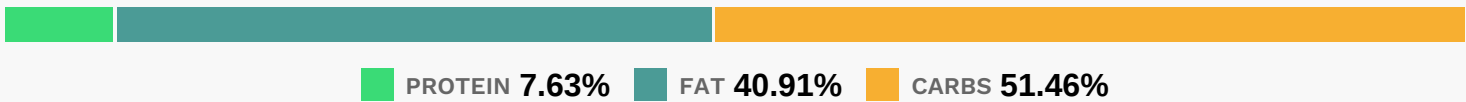
## Equipment

- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ baking pan
- ☐ measuring cup

## Directions

- ☐ Preheat oven to 35
- ☐ Weigh or lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour and next 3 ingredients (through salt), stirring well with a whisk.
- ☐ Combine peanut butter and next 4 ingredients (through eggs), stirring well.
- ☐ Add peanut butter mixture to flour mixture; stir until combined. Stir in chocolate chips.
- ☐ Scrape the batter into a 9-inch square metal baking pan lightly coated with cooking spray, and arrange the peanut butter cups over batter.
- ☐ Bake at 350 for 19 minutes or until a wooden pick inserted in center comes out with moist crumbs clinging. Cool in pan on a wire rack.

## Nutrition Facts



## Properties

Glycemic Index:15.05, Glycemic Load:11.43, Inflammation Score:-2, Nutrition Score:3.2160869546882%

## Nutrients (% of daily need)

Calories: 156.41kcal (7.82%), Fat: 7.27g (11.19%), Saturated Fat: 3.03g (18.94%), Carbohydrates: 20.58g (6.86%), Net Carbohydrates: 19.83g (7.21%), Sugar: 13.41g (14.9%), Cholesterol: 25.21mg (8.4%), Sodium: 99.85mg (4.34%), Alcohol: 0.07g (100%), Alcohol %: 0.23% (100%), Protein: 3.05g (6.1%), Manganese: 0.15mg (7.43%), Selenium: 4.73µg (6.76%), Vitamin B3: 1.25mg (6.25%), Folate: 22.63µg (5.66%), Vitamin B1: 0.08mg (5.17%), Phosphorus: 49.87mg (4.99%), Vitamin B2: 0.08mg (4.78%), Magnesium: 16.46mg (4.11%), Iron: 0.74mg (4.09%), Copper: 0.07mg (3.61%), Vitamin E: 0.53mg (3.57%), Fiber: 0.75g (3%), Zinc: 0.35mg (2.36%), Vitamin A: 102.95IU (2.06%), Potassium: 70.16mg (2%), Vitamin B5: 0.2mg (1.98%), Calcium: 19.29mg (1.93%), Vitamin B6: 0.04mg (1.84%), Vitamin B12: 0.07µg (1.21%)