



Pecan Blondies

 Vegetarian

READY IN



40 min.

SERVINGS



1

CALORIES



1788 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup apple juice
- ☐ 4 tablespoons butter melted
- ☐ 1 large eggs
- ☐ 0.5 cup flour all-purpose
- ☐ 0.7 cup brown sugar light packed
- ☐ 0.8 cup old-fashioned rolled oats
- ☐ 0.8 pecans roughly chopped
- ☐ 0.5 teaspoon salt

- ☐ 2 teaspoons vanilla extract pure
- ☐ 2 tablespoons vegetable oil

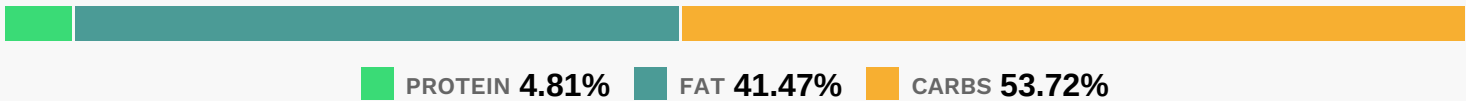
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ baking pan

Directions

- ☐ Preheat oven to 35
- ☐ Coat an 8-inch square baking pan with cooking spray; line with parchment (to overhang on two sides) and lightly coat parchment.
- ☐ Combine flour, 1/2 cup oats, sugar, and salt in the bowl of a food processor; pulse until oats are finely ground.
- ☐ Add butter, oil, juice, egg, and vanilla; pulse until combined.
- ☐ Transfer batter to prepared pan; sprinkle with pecans and remaining 1/4 cup oats.
- ☐ Bake until edges pull away from sides of pan, 25 to 30 minutes.
- ☐ Transfer to a wire rack to cool completely; cut into 16 (2- by 2-inch) squares.

Nutrition Facts



Properties

Glycemic Index:215.75, Glycemic Load:51.34, Inflammation Score:-9, Nutrition Score:32.058260811412%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg Catechin: 0.85mg, Catechin: 0.85mg, Catechin: 0.85mg, Catechin:

0.85mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg
Epicatechin: 2.93mg, Epicatechin: 2.93mg, Epicatechin: 2.93mg, Epicatechin: 2.93mg Epigallocatechin 3–gallate:
0.02mg, Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate:
0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.36mg, Quercetin:
0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 1787.59kcal (89.38%), Fat: 82.79g (127.37%), Saturated Fat: 35.35g (220.93%), Carbohydrates: 241.3g
(80.43%), Net Carbohydrates: 233.25g (84.82%), Sugar: 150.27g (166.97%), Cholesterol: 306.4mg (102.13%),
Sodium: 1642.99mg (71.43%), Alcohol: 2.75g (100%), Alcohol %: 0.73% (100%), Protein: 21.6g (43.2%), Manganese:
2.86mg (142.8%), Selenium: 56.54µg (80.77%), Vitamin B1: 0.81mg (54.27%), Vitamin K: 55.53µg (52.89%),
Phosphorus: 442.86mg (44.29%), Iron: 7.54mg (41.88%), Folate: 160.71µg (40.18%), Vitamin B2: 0.67mg (39.41%),
Vitamin A: 1670.65IU (33.41%), Fiber: 8.05g (32.22%), Magnesium: 123.35mg (30.84%), Vitamin E: 4.36mg (29.09%),
Vitamin B3: 4.68mg (23.42%), Zinc: 3.46mg (23.08%), Copper: 0.46mg (22.97%), Calcium: 211.46mg (21.15%),
Vitamin B5: 2.02mg (20.19%), Potassium: 643.52mg (18.39%), Vitamin B6: 0.25mg (12.53%), Vitamin B12: 0.54µg
(9%), Vitamin D: 1µg (6.67%)