



Pistachio Rose Blondies with White Chocolate

 Popular

READY IN



55 min.

SERVINGS



10

CALORIES



358 kcal

SIDE DISH

Ingredients

- ☐ 1.3 cups flour
- ☐ 0.8 tsp double-acting baking powder
- ☐ 0.5 tsp baking soda
- ☐ 1.3 cups brown sugar packed
- ☐ 2 eggs
- ☐ 0.5 cup grapeseed oil
- ☐ 0.5 cup pistachios raw
- ☐ 2 tbsp rosewater

- ☐ 0.3 tsp salt
- ☐ 0.5 cup butter unsalted
- ☐ 0.5 cup chocolate chips white

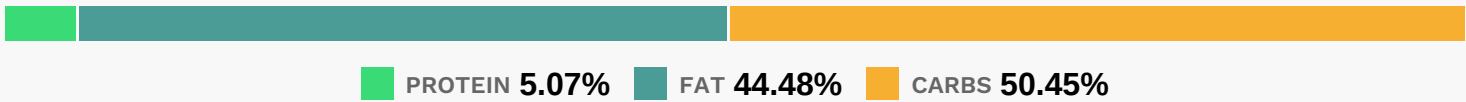
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ mixing bowl
- ☐ baking pan

Directions

- ☐ Save Recipe
- ☐ Print Recipe
- ☐ Pistachio Rose Blondies with White Chocolate
- ☐ Ingredients1/2 cup unsalted butter1/2 cup canola or grapeseed oil1 1/4 cups brown sugar, packed2 eggs1 1/4 cups all purpose flour3/4 tsp baking powder1/2 tsp baking soda1/4 tsp, heaping salt1/2 cup raw pistachios1/2 cup white chocolate chips2 tbsp rosewater
- ☐ You will also need9x9 inch square baking pan, small saucepan, mixing bowls, nonstick cooking spray
- ☐ Prep Time: 20 Minutes
- ☐ Cook Time: 25 - 30 Minutes
- ☐ Total Time: 45 - 55 Minutes
- ☐ Servings: One 9x9 inch pan of blondies (9 large blondies, 12 small blondies)
- ☐ Kosher Key: Dairy

Nutrition Facts



Properties

Glycemic Index:30.9, Glycemic Load:12.62, Inflammation Score:-3, Nutrition Score:6.0534782966842%

Flavonoids

Cyanidin: 0.45mg, Cyanidin: 0.45mg, Cyanidin: 0.45mg, Cyanidin: 0.45mg Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 357.87kcal (17.89%), Fat: 18.06g (27.78%), Saturated Fat: 8.43g (52.67%), Carbohydrates: 46.09g (15.36%), Net Carbohydrates: 45.01g (16.37%), Sugar: 32.54g (36.15%), Cholesterol: 59.03mg (19.68%), Sodium: 187.55mg (8.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.63g (9.25%), Selenium: 9.28µg (13.26%), Vitamin B1: 0.19mg (12.39%), Manganese: 0.2mg (10.09%), Folate: 37.11µg (9.28%), Vitamin B2: 0.16mg (9.2%), Phosphorus: 91.66mg (9.17%), Vitamin E: 1.22mg (8.14%), Calcium: 77.5mg (7.75%), Iron: 1.38mg (7.65%), Vitamin A: 359.38IU (7.19%), Vitamin B6: 0.14mg (7.15%), Copper: 0.13mg (6.45%), Vitamin B3: 1.11mg (5.56%), Potassium: 157.02mg (4.49%), Fiber: 1.07g (4.3%), Magnesium: 15.81mg (3.95%), Vitamin B5: 0.34mg (3.39%), Zinc: 0.44mg (2.96%), Vitamin B12: 0.15µg (2.47%), Vitamin D: 0.35µg (2.31%), Vitamin K: 1.69µg (1.61%)