

Pumpkin Blondies

 Vegetarian

READY IN



50 min.

SERVINGS



15

CALORIES



323 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 1.5 cups brown sugar
- ☐ 0.8 cup butter melted
- ☐ 0.5 cup cinnamon chips to taste
- ☐ 8 ounce cream cheese softened
- ☐ 1 eggs
- ☐ 3 eggs
- ☐ 2 cups flour all-purpose

- ☐ 2 teaspoons pumpkin pie spice
- ☐ 0.8 cup pumpkin puree
- ☐ 2 teaspoons vanilla extract

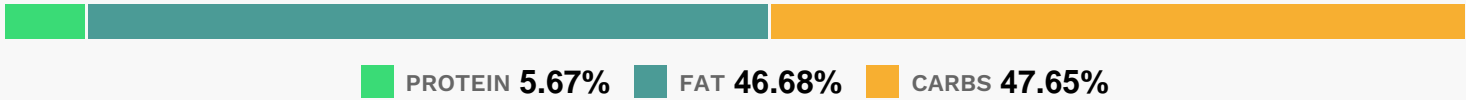
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ hand mixer
- ☐ aluminum foil
- ☐ butter knife

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Line a 9x13-inch baking pan with aluminum foil with about 1 inch hanging over the edges for 'handles'. Spray foil with cooking spray.
- ☐ Beat brown sugar and butter together in a bowl with an electric mixer until smooth; beat in 2 eggs until combined. Beat 1 more egg and vanilla extract into brown sugar mixture until combined. Stir flour and baking powder together in a separate bowl; stir into brown sugar mixture until batter is smooth.
- ☐ Beat cream cheese in a separate bowl with an electric mixer until smooth; beat in remaining 1 egg until just combined. Beat pumpkin puree into cream cheese mixture; stir in pumpkin pie spice.
- ☐ Spread 2/3 the batter into the prepared baking pan. Drop spoonfuls of pumpkin mixture over batter; top with spoonfuls of remaining 1/3 batter and swirl together with a butter knife.
- ☐ Sprinkle cinnamon chips over batter-pumpkin mixture.
- ☐ Bake in the preheated oven until blondies are lightly browned on the edges, about 30 minutes. Cool completely before cutting into bars.

Nutrition Facts



Properties

Glycemic Index:20.56, Glycemic Load:10.77, Inflammation Score:-9, Nutrition Score:7.5591303991235%

Nutrients (% of daily need)

Calories: 322.53kcal (16.13%), Fat: 16.93g (26.05%), Saturated Fat: 9.67g (60.47%), Carbohydrates: 38.88g (12.96%), Net Carbohydrates: 37.68g (13.7%), Sugar: 22.5g (25%), Cholesterol: 83.32mg (27.77%), Sodium: 197.19mg (8.57%), Alcohol: 0.18g (100%), Alcohol %: 0.24% (100%), Protein: 4.63g (9.25%), Vitamin A: 2457.22IU (49.14%), Selenium: 11.04µg (15.78%), Vitamin B2: 0.18mg (10.85%), Manganese: 0.21mg (10.62%), Folate: 41.2µg (10.3%), Vitamin B1: 0.15mg (9.92%), Iron: 1.5mg (8.31%), Phosphorus: 74.64mg (7.46%), Vitamin B3: 1.27mg (6.33%), Calcium: 58.33mg (5.83%), Fiber: 1.2g (4.8%), Vitamin B5: 0.47mg (4.72%), Vitamin E: 0.66mg (4.41%), Potassium: 147.7mg (4.22%), Vitamin B6: 0.07mg (3.37%), Magnesium: 13.34mg (3.34%), Copper: 0.06mg (3.14%), Vitamin K: 3.23µg (3.08%), Zinc: 0.41mg (2.76%), Vitamin B12: 0.16µg (2.62%), Vitamin D: 0.23µg (1.56%), Vitamin C: 1.07mg (1.3%)