



Pumpkin Pie Blondies

READY IN



40 min.

SERVINGS



15

CALORIES



803 kcal

DESSERT

Ingredients

- 0.5 teaspoon baking soda
- 1 cup brown sugar
- 0.3 cup butter at room temperature
- 11 ounce butterscotch chips
- 15 ounce pumpkin puree canned
- 2 tablespoons confectioners' sugar to taste
- 2 eggs
- 1.3 cups flour all-purpose
- 2.3 ounce pecans chopped

- 9 inch pie dough frozen thawed prepared
- 1 tablespoon pumpkin pie spice
- 0.5 teaspoon salt

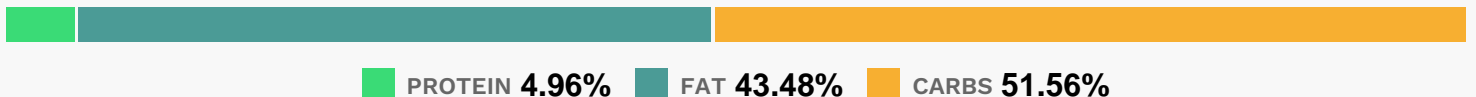
Equipment

- bowl
- frying pan
- oven
- knife
- hand mixer

Directions

- Preheat oven to 375 degrees F (190 degrees C). Prepare a 9x13-inch pan with cooking spray.
- Mold the pie crust to fit the pan. It may be thin in some spots; that's ok, just try to get it as even as possible.
- Beat butter and brown sugar together with an electric mixer in a large bowl until smooth. Beat 1 egg into the butter until completely blended; repeat with the second egg.
- Mix flour, pumpkin pie spice, baking soda, and salt together in a separate bowl.
- Add to pumpkin mixture and beat to combine. Fold butterscotch chips and pecans into the mixture; pour into the pie crust.
- Bake in preheated oven until a knife inserted in the center comes out clean, 25 to 35 minutes. Dust with confectioners' sugar.

Nutrition Facts



Properties

Glycemic Index:9, Glycemic Load:5.77, Inflammation Score:-10, Nutrition Score:16.597391216651%

Flavonoids

Cyanidin: 0.46mg, Cyanidin: 0.46mg, Cyanidin: 0.46mg, Cyanidin: 0.46mg Delphinidin: 0.31mg, Delphinidin: 0.31mg, Delphinidin: 0.31mg, Delphinidin: 0.31mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg

Nutrients (% of daily need)

Calories: 803.39kcal (40.17%), Fat: 38.89g (59.83%), Saturated Fat: 12.69g (79.34%), Carbohydrates: 103.75g (34.58%), Net Carbohydrates: 99.17g (36.06%), Sugar: 33.19g (36.88%), Cholesterol: 31.83mg (10.61%), Sodium: 724.7mg (31.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.99g (19.98%), Vitamin A: 4563.68IU (91.27%), Manganese: 0.91mg (45.49%), Vitamin B1: 0.45mg (30.15%), Folate: 110.51µg (27.63%), Iron: 4.39mg (24.42%), Vitamin B3: 4.04mg (20.2%), Selenium: 12.83µg (18.33%), Fiber: 4.57g (18.28%), Vitamin B2: 0.31mg (18.15%), Phosphorus: 133.14mg (13.31%), Vitamin K: 13.93µg (13.27%), Copper: 0.2mg (9.99%), Magnesium: 34.6mg (8.65%), Vitamin B5: 0.8mg (7.96%), Vitamin E: 1.09mg (7.29%), Potassium: 235.2mg (6.72%), Zinc: 0.97mg (6.44%), Calcium: 54.69mg (5.47%), Vitamin B6: 0.11mg (5.35%), Vitamin C: 1.33mg (1.61%)