



## Pumpkin Salted Caramel Blondies

READY IN



120 min.

SERVINGS



16

CALORIES



280 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 cup mrs richardson's butterscotch caramel sauce
- 1 teaspoon sea salt
- 2 cups flour all-purpose
- 1 teaspoon baking soda
- 1 teaspoon salt
- 1 teaspoon ground cinnamon
- 0.5 teaspoon nutmeg freshly grated
- 1 cup butter softened
- 1.3 cups brown sugar packed

- 1 eggs
- 2 teaspoons vanilla
- 1 cup pumpkin pie filling/mix canned (not pumpkin pie mix)
- 1 serving powdered sugar

## Equipment

- bowl
- frying pan
- oven
- wire rack
- hand mixer
- toothpicks

## Directions

- Heat oven to 350°F. Spray 9-inch square pan with cooking spray.
- In small bowl, stir together caramel topping and sea salt; set aside. In medium bowl, mix flour, baking soda, table salt, cinnamon and nutmeg. In large bowl, beat butter and brown sugar with electric mixer on medium speed until light and fluffy, about 2 minutes.
- Add egg, vanilla and pumpkin; beat until well blended. Slowly add flour mixture, beating just until combined.
- Spread half of the batter in pan.
- Bake 10 minutes; remove from oven.
- Pour 3/4 cup of the reserved caramel topping over partially baked crust.
- Spread remaining batter over caramel.
- Bake 30 to 40 minutes longer or until toothpick inserted in center comes out clean. Cool completely in pan on cooling rack, about 1 hour.
- Cut into 4 rows by 4 rows.
- Sprinkle with powdered sugar.
- Drizzle with remaining caramel topping.

## Nutrition Facts

PROTEIN 3.45% FAT 37.71% CARBS 58.84%

## Properties

Glycemic Index:12.5, Glycemic Load:8.64, Inflammation Score:-8, Nutrition Score:5.5430435330971%

## Nutrients (% of daily need)

Calories: 279.93kcal (14%), Fat: 11.97g (18.41%), Saturated Fat: 7.43g (46.44%), Carbohydrates: 42.01g (14%), Net Carbohydrates: 40.11g (14.59%), Sugar: 25.36g (28.17%), Cholesterol: 40.73mg (13.58%), Sodium: 542.68mg (23.59%), Alcohol: 0.17g (100%), Alcohol %: 0.26% (100%), Protein: 2.47g (4.93%), Vitamin A: 1782.83IU (35.66%), Manganese: 0.22mg (10.93%), Selenium: 6.87µg (9.81%), Folate: 36.73µg (9.18%), Vitamin B1: 0.13mg (8.5%), Fiber: 1.9g (7.61%), Vitamin B2: 0.12mg (6.77%), Iron: 1.09mg (6.07%), Vitamin B3: 1.02mg (5.09%), Phosphorus: 39.76mg (3.98%), Vitamin B5: 0.36mg (3.64%), Calcium: 36.33mg (3.63%), Vitamin E: 0.38mg (2.52%), Magnesium: 9.26mg (2.32%), Potassium: 80.96mg (2.31%), Vitamin B6: 0.05mg (2.31%), Copper: 0.05mg (2.29%), Zinc: 0.21mg (1.42%), Vitamin B12: 0.07µg (1.23%), Vitamin K: 1.09µg (1.04%)