



Pumpkin Salted Caramel Blondies

READY IN



120 min.

SERVINGS



16

CALORIES



309 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 1.3 cups brown sugar packed
- ☐ 1 cup butter softened
- ☐ 1 cup pumpkin pie filling/mix canned (not pumpkin pie mix)
- ☐ 1 cup mrs richardson's butterscotch caramel sauce
- ☐ 1 teaspoon sea salt
- ☐ 1 eggs
- ☐ 2 cups flour all-purpose
- ☐ 1 teaspoon ground cinnamon

- ☐ 0.5 teaspoon nutmeg freshly grated
- ☐ 16 servings powdered sugar
- ☐ 1 teaspoon salt
- ☐ 2 teaspoons vanilla

Equipment

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

Directions

- ☐ Heat oven to 350F. 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 3.13%**  **FAT 34.13%**  **CARBS 62.74%**

Properties

Glycemic Index:12.5, Glycemic Load:8.64, Inflammation Score:-8, Nutrition Score:5.5539130672165%

Nutrients (% of daily need)

Calories: 309.1kcal (15.46%), Fat: 11.97g (18.41%), Saturated Fat: 7.43g (46.44%), Carbohydrates: 49.5g (16.5%), Net Carbohydrates: 47.59g (17.31%), Sugar: 32.69g (36.32%), Cholesterol: 40.73mg (13.58%), Sodium: 542.83mg (23.6%), Alcohol: 0.17g (100%), Alcohol %: 0.24% (100%), Protein: 2.47g (4.93%), Vitamin A: 1782.83IU (35.66%), Manganese: 0.22mg (10.95%), Selenium: 6.91µg (9.88%), Folate: 36.73µg (9.18%), Vitamin B1: 0.13mg (8.5%), Fiber: 1.9g (7.61%), Vitamin B2: 0.12mg (6.86%), Iron: 1.1mg (6.09%), Vitamin B3: 1.02mg (5.09%), Phosphorus: 39.76mg (3.98%), Calcium: 36.4mg (3.64%), Vitamin B5: 0.36mg (3.64%), Vitamin E: 0.38mg (2.52%), Magnesium: 9.26mg (2.32%), Potassium: 81.11mg (2.32%), Copper: 0.05mg (2.31%), Vitamin B6: 0.05mg (2.31%), Zinc: 0.21mg (1.43%), Vitamin B12: 0.07µg (1.23%), Vitamin K: 1.09µg (1.04%)