



Raspberry Blondies

 Vegetarian

READY IN



10 min.

SERVINGS



10

CALORIES



267 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 large eggs
- ☐ 1 cup flour all-purpose
- ☐ 1 cup brown sugar light packed
- ☐ 0.5 cup nuts finely chopped
- ☐ 1 cup raspberries fresh
- ☐ 0.5 teaspoon salt
- ☐ 8 tablespoons butter unsalted at room temperature (1 stick)

☐ 1 teaspoon vanilla extract

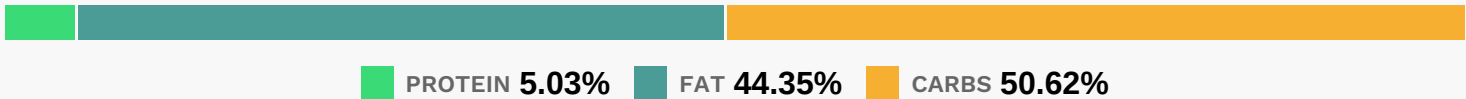
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ baking pan
- ☐ aluminum foil
- ☐ spatula
- ☐ cutting board

Directions

- ☐ Preheat oven to 350F. Line an 8-inch square baking pan with heavy-duty foil, leaving at least a 1-inch overhang on all sides.
- ☐ In a small bowl, combine flour, baking powder and salt. Melt butter in a medium saucepan over low heat. Stir in brown sugar until moistened.
- ☐ Let cool slightly. Off heat, whisk in egg and vanilla. Stir in flour mixture until just combined. Stir in nuts.
- ☐ Scrape batter into baking pan, smoothing top with a spatula. Scatter berries over batter.
- ☐ Bake until blondies are set in center, about 30 minutes. Cool completely in pan on wire rack.
- ☐ Grasping overhanging foil on opposite sides of pan, lift out blondies and place on cutting board.
- ☐ Cut into 16 squares and serve.

Nutrition Facts



Properties

Glycemic Index:22.27, Glycemic Load:7.52, Inflammation Score:-3, Nutrition Score:5.3173913022746%

Flavonoids

Cyanidin: 5.49mg, Cyanidin: 5.49mg, Cyanidin: 5.49mg, Cyanidin: 5.49mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.16mg, Delphinidin: 0.16mg, Delphinidin: 0.16mg, Delphinidin: 0.16mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 0.12mg, Pelargonidin: 0.12mg, Pelargonidin: 0.12mg, Pelargonidin: 0.12mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.42mg, Epicatechin: 0.42mg, Epicatechin: 0.42mg, Epicatechin: 0.42mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 266.93kcal (13.35%), Fat: 13.47g (20.72%), Saturated Fat: 6.43g (40.18%), Carbohydrates: 34.58g (11.53%), Net Carbohydrates: 32.81g (11.93%), Sugar: 21.98g (24.42%), Cholesterol: 42.68mg (14.23%), Sodium: 174.44mg (7.58%), Alcohol: 0.14g (100%), Alcohol %: 0.25% (100%), Protein: 3.43g (6.87%), Manganese: 0.32mg (16.12%), Selenium: 6.17µg (8.82%), Folate: 31.9µg (7.98%), Vitamin B1: 0.12mg (7.93%), Fiber: 1.77g (7.07%), Phosphorus: 70.56mg (7.06%), Copper: 0.14mg (6.85%), Iron: 1.22mg (6.78%), Vitamin B2: 0.11mg (6.34%), Vitamin A: 311.93IU (6.24%), Magnesium: 24.55mg (6.14%), Vitamin B3: 1.18mg (5.91%), Calcium: 57.28mg (5.73%), Vitamin C: 3.17mg (3.85%), Zinc: 0.49mg (3.29%), Potassium: 114.02mg (3.26%), Vitamin B5: 0.3mg (2.99%), Vitamin E: 0.42mg (2.83%), Vitamin B6: 0.05mg (2.57%), Vitamin D: 0.27µg (1.79%), Vitamin K: 1.77µg (1.69%), Vitamin B12: 0.06µg (1.06%)