



## Raspberry-Filled White Chocolate Blondies

READY IN



20 min.

SERVINGS



15

CALORIES



305 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.5 teaspoon almond extract
- 0.5 cup almonds sliced
- 0.5 cup butter
- 2 large eggs
- 1 cup flour all-purpose
- 0.5 cup raspberry preserves seedless
- 0.5 teaspoon salt
- 0.5 cup sugar
- 0.5 cup coconut or sweetened flaked

- 12 oz chocolate morsels white divided

## Equipment

- frying pan
- sauce pan
- oven
- wire rack
- hand mixer
- aluminum foil

## Directions

- Melt butter in a saucepan over low heat, stirring just until melted.
- Remove pan from heat, and add 1 cup white chocolate morsels. (Do not stir.)
- Beat eggs at high speed with an electric mixer 2 minutes or until foamy. Gradually add sugar, beating until blended. Stir in white chocolate mixture and almond extract, stirring until blended.
- Add flour and salt, stirring just until blended.
- Spread half of batter into a lightly greased and floured 8-inch square pan.
- Bake at 325 for 20 minutes or until light golden brown.
- Melt 1/2 cup raspberry preserves in a small saucepan over low heat, stirring often.
- Spread evenly over partially baked blondies in pan. Stir together coconut, remaining 1 cup white chocolate morsels, and remaining half of batter; spread over melted raspberry preserves, spreading to edges of pan.
- Sprinkle batter with 1/2 cup sliced almonds.
- Bake at 325 for 25 minutes or until lightly browned. Cool completely in pan on a wire rack.
- Cut into bars.
- Note: To freeze, tightly wrap baked bars in aluminum foil.
- Place in a large zip-top plastic freezer bag; seal bag, and freeze up to 2 months.
- Let thaw at room temperature before cutting.

## Nutrition Facts

PROTEIN 5.01% FAT 47.92% CARBS 47.07%

## Properties

Glycemic Index:22.01, Glycemic Load:22.88, Inflammation Score:-2, Nutrition Score:4.7099999344867%

## Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 304.6kcal (15.23%), Fat: 16.49g (25.36%), Saturated Fat: 9.38g (58.6%), Carbohydrates: 36.43g (12.14%), Net Carbohydrates: 35.37g (12.86%), Sugar: 26.78g (29.75%), Cholesterol: 45.83mg (15.28%), Sodium: 168.03mg (7.31%), Alcohol: 0.05g (100%), Alcohol %: 0.08% (100%), Protein: 3.88g (7.75%), Vitamin B2: 0.18mg (10.8%), Selenium: 6.82µg (9.74%), Vitamin E: 1.27mg (8.45%), Phosphorus: 83.68mg (8.37%), Manganese: 0.16mg (8.15%), Calcium: 62.89mg (6.29%), Vitamin B1: 0.09mg (6.09%), Folate: 22.88µg (5.72%), Vitamin A: 231.93IU (4.64%), Iron: 0.78mg (4.31%), Fiber: 1.06g (4.24%), Copper: 0.08mg (4.12%), Vitamin B3: 0.8mg (4.02%), Magnesium: 15.7mg (3.93%), Potassium: 126.58mg (3.62%), Vitamin B12: 0.2µg (3.32%), Vitamin B5: 0.31mg (3.06%), Zinc: 0.44mg (2.95%), Vitamin K: 2.64µg (2.51%), Vitamin B6: 0.04mg (1.76%), Vitamin C: 1.11mg (1.35%)