



Raspberry-Pecan Blondies

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



293 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 cups flour
- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 2 large eggs
- ☐ 2 cups brown sugar packed ()
- ☐ 3 ounces pecans coarsely chopped
- ☐ 0.5 pint raspberries fresh
- ☐ 0.5 teaspoon salt

- ☐ 0.8 cup butter unsalted room temperature ()
- ☐ 2 teaspoons vanilla extract

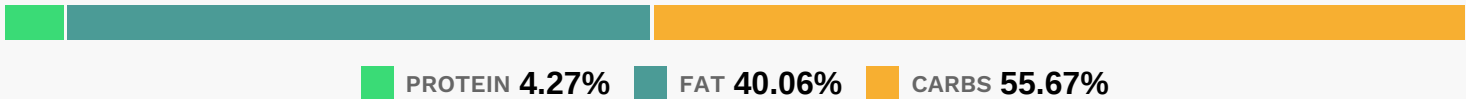
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ plastic wrap
- ☐ baking pan
- ☐ hand mixer
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 350°F. Line 9x9x2-inch metal baking pan with aluminum foil, extending foil over sides by 2 inches. Butter and flour foil.
- ☐ Whisk 2 cups flour, baking powder, salt, and baking soda in medium bowl to blend. Using electric mixer, beat brown sugar and butter in large bowl until light and fluffy. Beat in eggs 1 at a time, then vanilla.
- ☐ Add flour mixture and beat just until blended. Stir in chopped pecans.
- ☐ Spread batter evenly in prepared pan.
- ☐ Sprinkle raspberries over top.
- ☐ Bake dessert until top is golden and tester inserted into center comes out clean, about 50 minutes. Cool completely in pan on rack. (Can be made 1 day ahead. Cover with plastic wrap and refrigerate. Bring to room temperature before serving.)
- ☐ Cut into 16 squares and serve.

Nutrition Facts



Properties

Glycemic Index:12.69, Glycemic Load:8.92, Inflammation Score:-3, Nutrition Score:5.8743478267089%

Flavonoids

Cyanidin: 7.34mg, Cyanidin: 7.34mg, Cyanidin: 7.34mg, Cyanidin: 7.34mg Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg Delphinidin: 0.58mg, Delphinidin: 0.58mg, Delphinidin: 0.58mg, Delphinidin: 0.58mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 0.14mg, Pelargonidin: 0.14mg, Pelargonidin: 0.14mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 0.58mg, Catechin: 0.58mg, Catechin: 0.58mg, Catechin: 0.58mg Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg Epicatechin: 0.56mg, Epicatechin: 0.56mg, Epicatechin: 0.56mg, Epicatechin: 0.56mg Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 292.6kcal (14.63%), Fat: 13.3g (20.46%), Saturated Fat: 6.02g (37.61%), Carbohydrates: 41.58g (13.86%), Net Carbohydrates: 39.69g (14.43%), Sugar: 27.67g (30.75%), Cholesterol: 46.13mg (15.38%), Sodium: 134.52mg (5.85%), Alcohol: 0.17g (100%), Alcohol %: 0.27% (100%), Protein: 3.19g (6.38%), Manganese: 0.47mg (23.3%), Selenium: 7.88µg (11.26%), Vitamin B1: 0.17mg (11.04%), Folate: 36.4µg (9.1%), Fiber: 1.89g (7.58%), Iron: 1.3mg (7.21%), Vitamin B2: 0.12mg (7.2%), Vitamin A: 307.52IU (6.15%), Copper: 0.12mg (5.96%), Phosphorus: 57.42mg (5.74%), Vitamin B3: 1.11mg (5.57%), Calcium: 53.43mg (5.34%), Vitamin C: 3.93mg (4.77%), Magnesium: 16.69mg (4.17%), Vitamin E: 0.52mg (3.5%), Zinc: 0.51mg (3.41%), Potassium: 109.4mg (3.13%), Vitamin B5: 0.31mg (3.07%), Vitamin B6: 0.05mg (2.43%), Vitamin K: 2.15µg (2.05%), Vitamin D: 0.28µg (1.9%), Vitamin B12: 0.07µg (1.23%)