



Robin's Blond Brownies

READY IN



50 min.

SERVINGS



24

CALORIES



176 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 cup brown sugar packed
- ☐ 6 tablespoons butter softened
- ☐ 1 cup butterscotch chips
- ☐ 2 eggs
- ☐ 1.3 cups flour all-purpose
- ☐ 0.5 cup pecans chopped
- ☐ 0.5 teaspoon salt
- ☐ 1 cup semi chocolate chips

☐ 1 teaspoon vanilla extract

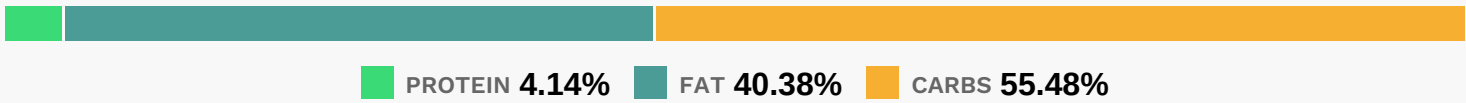
Equipment

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

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease a 11x7x2-inch baking pan.
- ☐ Beat the butter and brown sugar with an electric mixer in a large bowl until smooth. Beat the first egg into the butter until completely blended, then beat in the vanilla with the last egg.
- ☐ Mix flour, baking powder, and salt together in a separate bowl; add to the butter mixture and stir until just incorporated into a batter. Fold chocolate chips, butterscotch chips, and pecans into the batter; spread into the prepared baking dish.
- ☐ Bake in the preheated oven until the top is dry and the edges have started to pull away from the sides of the pan, 25 to 30 minutes. Cool brownies in pan for 10 minutes before moving to a wire rack to cool completely.

Nutrition Facts



Properties

Glycemic Index:9.46, Glycemic Load:3.65, Inflammation Score:-2, Nutrition Score:3.2417391395277%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate:

0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg

Nutrients (% of daily need)

Calories: 176.25kcal (8.81%), Fat: 7.99g (12.3%), Saturated Fat: 3.86g (24.14%), Carbohydrates: 24.71g (8.24%), Net Carbohydrates: 23.71g (8.62%), Sugar: 17.49g (19.43%), Cholesterol: 22.25mg (7.42%), Sodium: 124.98mg (5.43%), Alcohol: 0.06g (100%), Alcohol %: 0.18% (100%), Caffeine: 6.45mg (2.15%), Protein: 1.84g (3.69%), Manganese: 0.25mg (12.67%), Copper: 0.14mg (6.87%), Selenium: 4.24µg (6.05%), Iron: 0.98mg (5.46%), Vitamin B1: 0.07mg (4.73%), Magnesium: 18.78mg (4.7%), Phosphorus: 45.02mg (4.5%), Fiber: 0.99g (3.98%), Folate: 14.33µg (3.58%), Vitamin B2: 0.06mg (3.41%), Calcium: 27.84mg (2.78%), Zinc: 0.41mg (2.71%), Vitamin B3: 0.49mg (2.44%), Vitamin A: 119.37IU (2.39%), Potassium: 77.4mg (2.21%), Vitamin B5: 0.14mg (1.43%), Vitamin E: 0.21mg (1.37%), Vitamin B6: 0.02mg (1.02%)