



Root Beer Magic Shell on Vanilla Ice Cream and Blondies

READY IN



45 min.

SERVINGS



8

CALORIES



512 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 1 tablespoon plus light
- ☐ 1 eggs
- ☐ 1 egg yolk
- ☐ 0.3 cup granulated sugar
- ☐ 8 servings ice cream
- ☐ 0.7 cup brown sugar light packed ()

- ☐ 8 servings root beer magic shell
- ☐ 0.5 teaspoon salt salted (omit if using butter)
- ☐ 8 tablespoons butter unsalted
- ☐ 2 teaspoons vanilla
- ☐ 1 cup walnuts toasted chopped
- ☐ 1 cup use plus 2 t. lily white all-purpose

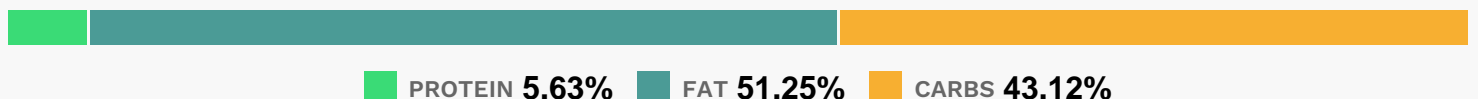
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ toothpicks

Directions

- ☐ Preheat oven to 325 degrees F. Line an 8 inch glass pan with strips of parchment paper. Melt the butter in a small saucepan over medium heat.
- ☐ Heat over medium, swirling pan often, just until the butter starts to turn brown.
- ☐ Remove from heat and stir in the brown and white sugar.
- ☐ Let cool for about five minutes. Meanwhile, mix together the flour, baking powder, baking soda and salt.
- ☐ Add the cold egg and the yolk to the sugar mixture and stir well. Stir in the corn syrup and vanilla until well blended. Stir in the flour, then stir in the walnuts. Scrape batter into the pan, spreading to the edges.
- ☐ Bake 25 to 35 minutes (see note) in the glass dish or until top is golden brown and toothpick inserted in center comes out clean. Cool completely and chill slightly before cutting into squares. Top with a scoop of vanilla ice cream and some Root Beer Magic Shell.

Nutrition Facts



Properties

Glycemic Index:48.39, Glycemic Load:22.85, Inflammation Score:-5, Nutrition Score:9.9069565508677%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg

Nutrients (% of daily need)

Calories: 511.74kcal (25.59%), Fat: 29.7g (45.7%), Saturated Fat: 13.14g (82.13%), Carbohydrates: 56.22g (18.74%), Net Carbohydrates: 54.36g (19.77%), Sugar: 40.82g (45.36%), Cholesterol: 104.57mg (34.86%), Sodium: 120.42mg (5.24%), Alcohol: 0.34g (100%), Alcohol %: 0.29% (100%), Protein: 7.34g (14.68%), Manganese: 0.63mg (31.45%), Vitamin B2: 0.3mg (17.74%), Phosphorus: 163.41mg (16.34%), Selenium: 10.57µg (15.1%), Copper: 0.29mg (14.4%), Vitamin A: 700.6IU (14.01%), Vitamin B1: 0.21mg (13.88%), Calcium: 133.72mg (13.37%), Folate: 52.71µg (13.18%), Magnesium: 38.69mg (9.67%), Iron: 1.52mg (8.44%), Zinc: 1.17mg (7.82%), Fiber: 1.86g (7.46%), Vitamin B5: 0.73mg (7.27%), Potassium: 252.08mg (7.2%), Vitamin B6: 0.14mg (7.13%), Vitamin B12: 0.37µg (6.24%), Vitamin B3: 1.2mg (5.99%), Vitamin E: 0.76mg (5.05%), Vitamin D: 0.57µg (3.82%), Vitamin K: 1.67µg (1.59%)