



Strawberry Blondies

READY IN



40 min.

SERVINGS



9

CALORIES



244 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon double-acting baking powder
- 0.3 cup butterscotch chips
- 1 large eggs lightly beaten
- 0.8 cup flour all-purpose
- 1 cup brown sugar light packed
- 0.5 teaspoon salt
- 3 tablespoons strawberry jam
- 4 tablespoons butter unsalted plus more for the pan
- 1.5 teaspoons vanilla extract

0.3 cup walnuts chopped

Equipment

bowl

frying pan

oven

knife

whisk

baking pan

aluminum foil

microwave

Directions

Preheat the oven to 350 degrees F. Line an 8-inch-square baking pan with foil, pressing it into the corners and up the sides; leave an overhang on 2 sides. Butter the foil.

Put 4 tablespoons butter and the brown sugar in a large microwave-safe bowl. Microwave until the butter is melted, about 1 minute. Stir in the vanilla.

Let cool slightly, then stir in the egg.

Whisk the flour, salt and baking powder in a small bowl. Stir into the butter mixture. Stir in the butterscotch chips and nuts and spread the batter in the pan. Drop dollops of jam on top and swirl with a knife.

Bake until set, 20 to 25 minutes.

Let cool 15 minutes on a rack, then lift the foil and transfer the blondies to the rack to cool completely.

Remove the foil and cut into bars.

Photograph by Con Poulos

Nutrition Facts



PROTEIN 3.86% FAT 29.03% CARBS 67.11%

Properties

Glycemic Index:26.89, Glycemic Load:8.31, Inflammation Score:-2, Nutrition Score:3.4656521522481%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg

Nutrients (% of daily need)

Calories: 243.59kcal (12.18%), Fat: 7.96g (12.24%), Saturated Fat: 3.68g (23.02%), Carbohydrates: 41.4g (13.8%), Net Carbohydrates: 40.82g (14.84%), Sugar: 30.97g (34.41%), Cholesterol: 34.47mg (11.49%), Sodium: 177.32mg (7.71%), Alcohol: 0.23g (100%), Alcohol %: 0.47% (100%), Protein: 2.38g (4.76%), Manganese: 0.2mg (10.2%), Selenium: 5.91µg (8.45%), Folate: 26.02µg (6.51%), Vitamin B1: 0.1mg (6.47%), Vitamin B2: 0.09mg (5.31%), Iron: 0.9mg (4.98%), Copper: 0.09mg (4.52%), Phosphorus: 39.75mg (3.98%), Vitamin A: 190.87IU (3.82%), Calcium: 37.85mg (3.78%), Vitamin B3: 0.69mg (3.45%), Magnesium: 10.8mg (2.7%), Fiber: 0.57g (2.29%), Vitamin B6: 0.04mg (2.16%), Potassium: 73.46mg (2.1%), Vitamin B5: 0.19mg (1.9%), Zinc: 0.27mg (1.78%), Vitamin E: 0.24mg (1.63%), Vitamin D: 0.2µg (1.36%)