

The Best Blondies

READY IN



60 min.

SERVINGS



24

CALORIES



273 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 3 cups cake flour
- ☐ 3 large eggs
- ☐ 3 cups brown sugar light packed
- ☐ 0.8 teaspoon salt
- ☐ 0.8 pound butter unsalted
- ☐ 1 tablespoon vanilla extract

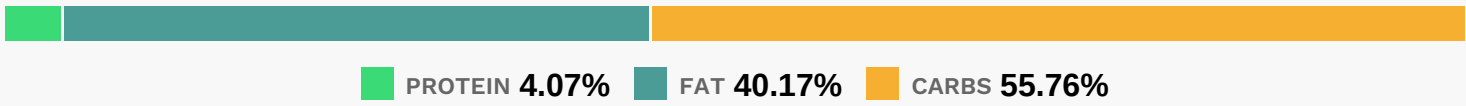
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Adjust oven rack to lowest position; heat to 325 degrees. Spray a 9-by-13-inch baking pan with vegetable cooking spray. Fit a 12-by-18-inch piece of heavy-duty foil into the pan so you can use the foil overhang as a handle to pull baked blondies from the pan; coat foil with cooking spray.
- ☐ Whisk flour, baking powder and salt in a small bowl. Then, heat butter and brown sugar in a large pan until bubbling hot.
- ☐ Whisk eggs and vanilla in a large bowl. Slowly whisk hot sugar mixture, then dry ingredients, into eggs. Stir in optional add-ins (if using chocolate, let batter cool slightly first).
- ☐ Scrape batter into prepared pan, then bake until blondies are just set, about 45 minutes.
- ☐ Remove from oven and let cool for five minutes. Pull blondies from the pan using foil handles and set on a wire rack. Cool completely before cutting into 24 pieces.

Nutrition Facts



Properties

Glycemic Index:6.63, Glycemic Load:7.47, Inflammation Score:-2, Nutrition Score:2.9495652188425%

Nutrients (% of daily need)

Calories: 273.3kcal (13.67%), Fat: 12.35g (19%), Saturated Fat: 7.52g (46.97%), Carbohydrates: 38.57g (12.86%), Net Carbohydrates: 38.19g (13.89%), Sugar: 26.82g (29.8%), Cholesterol: 53.73mg (17.91%), Sodium: 144.17mg (6.27%), Alcohol: 0.19g (100%), Alcohol %: 0.36% (100%), Protein: 2.81g (5.63%), Selenium: 8.59µg (12.28%), Vitamin A: 388.29IU (7.77%), Manganese: 0.15mg (7.26%), Calcium: 61.56mg (6.16%), Phosphorus: 43.02mg (4.3%), Vitamin E:

0.46mg (3.05%), Iron: 0.5mg (2.8%), Vitamin B2: 0.04mg (2.55%), Copper: 0.05mg (2.43%), Vitamin D: 0.34µg (2.25%), Folate: 8.79µg (2.2%), Vitamin B5: 0.22mg (2.16%), Magnesium: 7.62mg (1.9%), Potassium: 65.14mg (1.86%), Zinc: 0.24mg (1.57%), Fiber: 0.38g (1.5%), Vitamin B6: 0.03mg (1.41%), Vitamin B12: 0.08µg (1.33%), Vitamin B1: 0.02mg (1.05%), Vitamin K: 1.06µg (1.01%)