



The Best Blondies

READY IN



45 min.

SERVINGS



12

CALORIES



563 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 2 cups brown sugar packed
- ☐ 1 cup butter melted
- ☐ 0.8 cup individually wrapped caramels
- ☐ 2 eggs beaten
- ☐ 2 cups flour all-purpose
- ☐ 1 cup pecans chopped
- ☐ 0.3 teaspoon salt
- ☐ 2 teaspoons vanilla extract

☐ 1 cup chocolate chips white

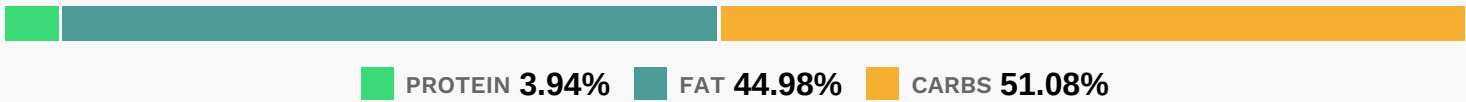
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking paper
- ☐ oven
- ☐ baking pan

Directions

- ☐ Line a 13"x9" baking pan with parchment paper. Spray sides of pan with non-stick vegetable spray and set aside. In a large bowl, mix together butter and brown sugar. Beat in eggs and vanilla until mixture is smooth.
- ☐ Stir in flour, baking powder and salt; mix in pecans, chocolate chips and baking bits.
- ☐ Pour into prepared pan and spread evenly.
- ☐ Bake at 375 for 30 to 40 minutes or until set in the middle. Allow to cool in pan before cutting into squares.

Nutrition Facts



Properties

Glycemic Index:30.17, Glycemic Load:25.18, Inflammation Score:-4, Nutrition Score:8.3552174995775%

Flavonoids

Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg

Nutrients (% of daily need)

Calories: 563.4kcal (28.17%), Fat: 28.8g (44.3%), Saturated Fat: 13.82g (86.39%), Carbohydrates: 73.59g (24.53%), Net Carbohydrates: 72.13g (26.23%), Sugar: 54.64g (60.71%), Cholesterol: 72.14mg (24.05%), Sodium: 258.63mg (11.24%), Alcohol: 0.23g (100%), Alcohol %: 0.24% (100%), Protein: 5.67g (11.35%), Manganese: 0.58mg (29.04%), Vitamin B1: 0.25mg (16.81%), Selenium: 11.23µg (16.04%), Vitamin B2: 0.24mg (13.85%), Folate: 46.15µg (11.54%), Phosphorus: 115.14mg (11.51%), Calcium: 108.72mg (10.87%), Vitamin A: 528.12IU (10.56%), Iron: 1.67mg (9.25%), Copper: 0.17mg (8.69%), Vitamin B3: 1.53mg (7.63%), Magnesium: 24.57mg (6.14%), Fiber: 1.46g (5.86%), Vitamin E: 0.87mg (5.78%), Zinc: 0.86mg (5.71%), Potassium: 198.53mg (5.67%), Vitamin B5: 0.53mg (5.34%), Vitamin B12: 0.23µg (3.76%), Vitamin B6: 0.07mg (3.66%), Vitamin K: 3.36µg (3.2%)