



Toffee Blond Brownies

READY IN



45 min.

SERVINGS



12

CALORIES



174 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 1 cup brown sugar packed
- ☐ 0.3 cup butter melted
- ☐ 0.3 cup egg substitute
- ☐ 1 cup flour all-purpose
- ☐ 0.1 teaspoon salt
- ☐ 0.3 cup toffee baking bits (such as Heath)
- ☐ 2 teaspoons vanilla extract

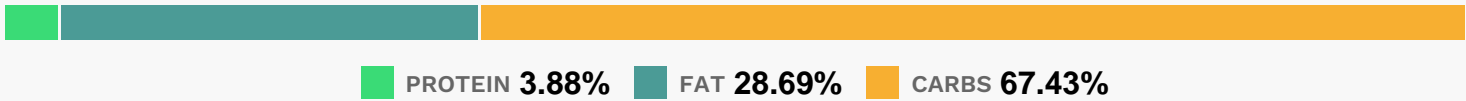
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ baking pan
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35
- ☐ Combine first 4 ingredients in a large bowl; stir with a whisk. Lightly spoon flour into a dry measuring cup; level with a knife.
- ☐ Combine flour, baking powder, and salt.
- ☐ Add flour mixture to sugar mixture; stir just until moist.
- ☐ Spread batter in an 8-inch square baking pan coated with cooking spray.
- ☐ Sprinkle with toffee bits.
- ☐ Bake at 350 for 22 minutes or until a wooden pick inserted in center comes out almost clean. Cool in pan on a wire rack.
- ☐ Note: Store, covered, for up to 3 days.

Nutrition Facts



Properties

Glycemic Index:22.33, Glycemic Load:7.42, Inflammation Score:-2, Nutrition Score:2.4582608721179%

Nutrients (% of daily need)

Calories: 173.5kcal (8.68%), Fat: 5.55g (8.54%), Saturated Fat: 3.46g (21.63%), Carbohydrates: 29.36g (9.79%), Net Carbohydrates: 29.08g (10.57%), Sugar: 21.13g (23.47%), Cholesterol: 15.29mg (5.1%), Sodium: 94.3mg (4.1%), Alcohol: 0.23g (100%), Alcohol %: 0.66% (100%), Protein: 1.69g (3.38%), Selenium: 5.9µg (8.43%), Vitamin B1: 0.09mg (5.9%), Folate: 20.29µg (5.07%), Vitamin B2: 0.08mg (4.49%), Manganese: 0.08mg (4.24%), Iron: 0.73mg (4.08%), Vitamin A: 186.21IU (3.72%), Calcium: 33.12mg (3.31%), Vitamin B3: 0.65mg (3.24%), Phosphorus: 21.99mg (2.2%), Vitamin B5: 0.16mg (1.65%), Vitamin E: 0.24mg (1.61%), Potassium: 50.85mg (1.45%), Magnesium: 5.11mg (1.28%), Copper: 0.03mg (1.27%), Fiber: 0.28g (1.13%)