



WHATSheATE



White Chocolate-Cashew Butterscotch Blondies

 Dairy Free

READY IN



110 min.

SERVINGS



32

CALORIES



176 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup butter softened
- ☐ 2 cups brown sugar packed
- ☐ 3 eggs
- ☐ 2 cups flour all-purpose
- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 0.3 teaspoon salt
- ☐ 8 oz baker's chocolate white coarsely chopped

☐

1.3 cups cashew pieces salted chopped

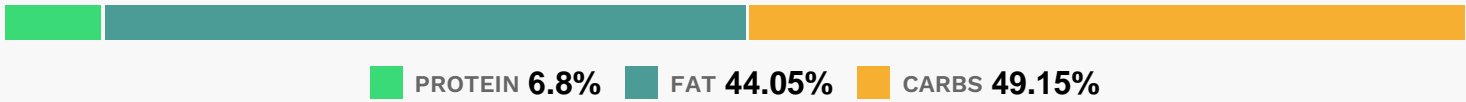
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ hand mixer
- ☐ toothpicks

Directions

- ☐ Heat oven to 350°F. Spray bottom of 13x9-inch pan with baking spray with flour. In large bowl, beat butter and brown sugar with electric mixer on medium speed until fluffy.
- ☐ Add eggs; beat on medium-high speed until fluffy.
- ☐ Add flour, baking powder and salt; beat on low speed until mixed.
- ☐ With spoon, stir in white chocolate and 3/4 cup of the cashews until well mixed.
- ☐ Spread in pan.
- ☐ Sprinkle with remaining 1/2 cup cashews; press down lightly.
- ☐ Bake 25 to 30 minutes or until edges look dry, center is set and toothpick inserted 2 inches from edge of pan comes out clean. Cool completely, about 1 hour. For bars, cut into 8 rows by 4 rows.

Nutrition Facts



Properties

Glycemic Index:6.01, Glycemic Load:4.7, Inflammation Score:-3, Nutrition Score:5.6226086943694%

Flavonoids

Catechin: 4.56mg, Catechin: 4.56mg, Catechin: 4.56mg, Catechin: 4.56mg Epicatechin: 10.05mg, Epicatechin: 10.05mg, Epicatechin: 10.05mg, Epicatechin: 10.05mg

Nutrients (% of daily need)

Calories: 175.56kcal (8.78%), Fat: 9.24g (14.22%), Saturated Fat: 3.42g (21.37%), Carbohydrates: 23.2g (7.73%), Net Carbohydrates: 21.65g (7.87%), Sugar: 13.74g (15.26%), Cholesterol: 15.35mg (5.11%), Sodium: 83.66mg (3.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 5.67mg (1.89%), Protein: 3.21g (6.42%), Manganese: 0.44mg (22.1%), Copper: 0.36mg (18.02%), Iron: 2.12mg (11.79%), Magnesium: 41.5mg (10.37%), Selenium: 5.66µg (8.08%), Phosphorus: 80.31mg (8.03%), Zinc: 1.09mg (7.24%), Vitamin B1: 0.1mg (6.34%), Fiber: 1.55g (6.22%), Folate: 19.65µg (4.91%), Vitamin B2: 0.07mg (4.05%), Potassium: 125.95mg (3.6%), Calcium: 36.01mg (3.6%), Vitamin B3: 0.63mg (3.15%), Vitamin A: 149.15IU (2.98%), Vitamin K: 2.44µg (2.33%), Vitamin B6: 0.04mg (1.97%), Vitamin B5: 0.17mg (1.74%), Vitamin E: 0.23mg (1.54%)