



White Chocolate-Cherry Blondies

READY IN



295 min.

SERVINGS



36

CALORIES



164 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 cups brown sugar packed
- ☐ 0.5 cup butter softened
- ☐ 2 teaspoons vanilla
- ☐ 0.5 teaspoon almond extract
- ☐ 2 eggs
- ☐ 2 cups flour all-purpose
- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.3 teaspoon salt
- ☐ 12 oz chocolate white cut into chunks

- ☐ 0.5 cup slivered almonds
- ☐ 0.5 cup cherries dried chopped
- ☐ 0.5 teaspoon vegetable oil

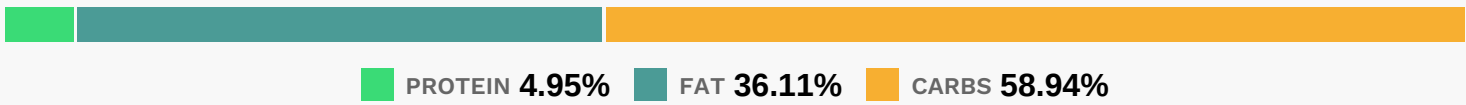
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ hand mixer
- ☐ ziploc bags
- ☐ microwave

Directions

- ☐ Heat oven to 325°F. Grease or spray 13x9-inch pan. In large bowl, beat brown sugar, butter, vanilla, almond extract and eggs with electric mixer on medium speed until light and fluffy.
- ☐ On low speed, beat in flour, baking powder and salt until well blended. Set aside 1/4 cup of white chocolate bar chunks. Stir in remaining chunks, almonds and cherries.
- ☐ Spread batter evenly in pan.
- ☐ Bake 35 to 40 minutes or until top is golden brown and set. Cool completely, about 1 hour.
- ☐ In small microwavable bowl, microwave reserved white chocolate bar chunks and oil uncovered on High 30 to 60 seconds, stirring every 15 seconds, until melted; stir well.
- ☐ Drizzle glaze over bars. Or if desired, place glaze in small food-storage plastic bag and cut off small tip from one corner of bag; drizzle glaze in diagonal lines over bars.
- ☐ Let stand until glaze is set, about 3 hours. For bars, cut into 6 rows by 6 rows.

Nutrition Facts



Properties

Glycemic Index:6.86, Glycemic Load:7.78, Inflammation Score:-2, Nutrition Score:2.6178261027064%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 164.27kcal (8.21%), Fat: 6.68g (10.28%), Saturated Fat: 2.51g (15.71%), Carbohydrates: 24.55g (8.18%), Net Carbohydrates: 23.99g (8.73%), Sugar: 18.43g (20.48%), Cholesterol: 11.08mg (3.69%), Sodium: 73.5mg (3.2%), Alcohol: 0.1g (100%), Alcohol %: 0.32% (100%), Protein: 2.06g (4.12%), Selenium: 3.74µg (5.34%), Vitamin B2: 0.09mg (5.33%), Manganese: 0.09mg (4.58%), Calcium: 44.43mg (4.44%), Vitamin B1: 0.06mg (4.32%), Vitamin E: 0.61mg (4.05%), Phosphorus: 39.85mg (3.99%), Folate: 15.33µg (3.83%), Vitamin A: 188.59IU (3.77%), Iron: 0.57mg (3.17%), Vitamin B3: 0.55mg (2.76%), Fiber: 0.55g (2.21%), Magnesium: 8.26mg (2.07%), Copper: 0.04mg (1.94%), Potassium: 66.84mg (1.91%), Vitamin B5: 0.15mg (1.51%), Zinc: 0.2mg (1.34%), Vitamin B12: 0.08µg (1.3%)