



White Chocolate Cranberry Blondies Recipe

READY IN



35 min.

SERVINGS



24

CALORIES



184 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1.5 cups flour
- 1 cup baker's chocolate white
- 1 teaspoon double-acting baking powder
- 1.5 cups brown sugar
- 0.8 cup butter unsalted softened
- 24 servings chocolate chips white prepared
- 1 cup cranberries dried
- 1 eggs
- 0.5 teaspoon salt

- 4 teaspoons vanilla pure
- 2 cups water hot

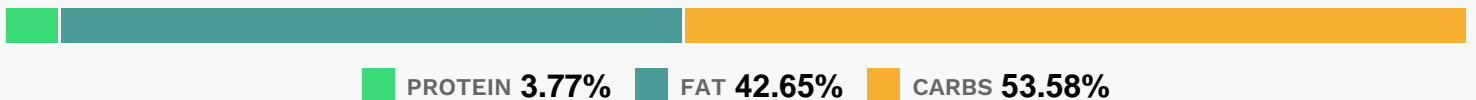
Equipment

- bowl
- frying pan
- baking paper
- oven
- hand mixer
- cookie cutter

Directions

- Preheat oven to 350°. Coat a medium sheet pan with cooking spray and line with parchment paper.
- In a small bowl, rehydrate the dried cranberries by combining with hot water.
- Let sit for one minute.
- Drain.
- In a medium bowl, cream together the butter and brown sugar with an electric mixer.
- Add the vanilla and eggs, one at a time.
- In a medium bowl, combine the flour, baking powder and salt.
- Add to the butter mixture and mix to combine.
- Fold in the cranberries and white chocolate morsels. Evenly press the batter into prepared pan.
- Bake for 18-20 minutes until the top is a light golden brown. Allow to cool for 20 minutes.
- Cut into squares or create shapes with holiday cookie cutters.

Nutrition Facts



Properties

Glycemic Index:9.04, Glycemic Load:4.36, Inflammation Score:-3, Nutrition Score:3.8869564958403%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 3.54mg, Catechin: 3.54mg, Catechin: 3.54mg, Catechin: 3.54mg Epicatechin: 7.8mg, Epicatechin: 7.8mg, Epicatechin: 7.8mg, Epicatechin: 7.8mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 184.29kcal (9.21%), Fat: 9.22g (14.19%), Saturated Fat: 5.68g (35.49%), Carbohydrates: 26.06g (8.69%), Net Carbohydrates: 24.67g (8.97%), Sugar: 17.74g (19.71%), Cholesterol: 22.07mg (7.36%), Sodium: 120.95mg (5.26%), Alcohol: 0.23g (100%), Alcohol %: 0.46% (100%), Caffeine: 4.4mg (1.47%), Protein: 1.83g (3.67%), Manganese: 0.31mg (15.34%), Copper: 0.2mg (10.19%), Iron: 1.49mg (8.28%), Selenium: 3.92µg (5.6%), Fiber: 1.39g (5.57%), Magnesium: 21.83mg (5.46%), Vitamin B1: 0.07mg (4.75%), Folate: 17.05µg (4.26%), Zinc: 0.63mg (4.18%), Phosphorus: 40.42mg (4.04%), Vitamin A: 187.17IU (3.74%), Vitamin B2: 0.06mg (3.35%), Calcium: 32.53mg (3.25%), Vitamin B3: 0.59mg (2.93%), Potassium: 82.89mg (2.37%), Vitamin E: 0.32mg (2.11%), Vitamin K: 1.44µg (1.37%), Vitamin B5: 0.11mg (1.09%)