



White Chocolate Peanut Almond Blondies

READY IN



35 min.

SERVINGS



16

CALORIES



223 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.3 teaspoons almond extract
- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 1 large eggs room temperature
- ☐ 6.8 ounces flour all-purpose
- ☐ 5.3 ounces brown sugar light packed
- ☐ 0.5 cup lightly peanuts salted chopped
- ☐ 0.3 teaspoon salt
- ☐ 4 ounces butter unsalted softened
- ☐ 0.5 teaspoon vanilla extract

☐ 1 cup chocolate chips white

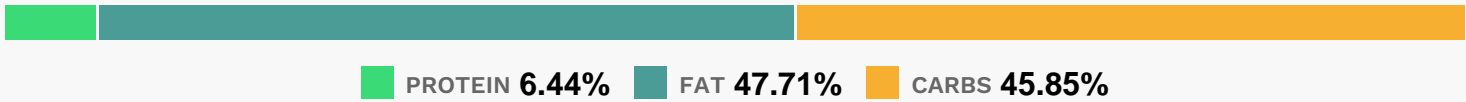
Equipment

- ☐ frying pan
- ☐ oven
- ☐ mixing bowl
- ☐ blender
- ☐ hand mixer
- ☐ aluminum foil

Directions

- ☐ Preheat the oven to 350 degrees F. Line an 8 inch square metal pan with foil and spray with cooking spray or line with nonstick foil.In a mixing bowl using high speed of an electric mixer, beat the butter and sugar until creamy. Reduce mixer speed to low and beat in the egg, almond extract and vanilla, beating just until mixed. Do not overbeat. With mixer still on low, beat in the salt and baking powder. With a large mixing spoon, gradually stir in the flour. When flour is mixed in, go ahead and add the white chips and the peanuts; stir until blended. The batter will be very thick.
- ☐ Transfer the batter to the prepared pan and pat it down flat.
- ☐ Bake on center rack for 25 to 28 minutes or until lightly browned around the edges.
- ☐ Let cool completely (I like to cool and chill before cutting). Lift from pan and cut into squares.

Nutrition Facts



Properties

Glycemic Index:14.81, Glycemic Load:11.33, Inflammation Score:-2, Nutrition Score:4.0239130028564%

Nutrients (% of daily need)

Calories: 223.21kcal (11.16%), Fat: 12.01g (18.48%), Saturated Fat: 6.28g (39.28%), Carbohydrates: 25.98g (8.66%), Net Carbohydrates: 25.23g (9.17%), Sugar: 15.85g (17.61%), Cholesterol: 29.23mg (9.74%), Sodium: 87.59mg (3.81%), Alcohol: 0.15g (100%), Alcohol %: 0.4% (100%), Protein: 3.65g (7.3%), Manganese: 0.2mg (9.94%), Selenium: 6.08µg

(8.68%), Vitamin B1: 0.12mg (7.85%), Folate: 30.36µg (7.59%), Vitamin B3: 1.49mg (7.47%), Vitamin B2: 0.11mg (6.6%), Phosphorus: 61.5mg (6.15%), Calcium: 47.42mg (4.74%), Iron: 0.83mg (4.6%), Vitamin A: 197.36IU (3.95%), Magnesium: 13.11mg (3.28%), Copper: 0.06mg (3.12%), Fiber: 0.75g (3.02%), Potassium: 99.66mg (2.85%), Vitamin B5: 0.25mg (2.53%), Vitamin E: 0.31mg (2.08%), Zinc: 0.31mg (2.06%), Vitamin B12: 0.1µg (1.71%), Vitamin B6: 0.03mg (1.64%), Vitamin K: 1.57µg (1.49%), Vitamin D: 0.17µg (1.13%)