



Blonde Rocky Road Brownies

 **Gluten Free**  **Low Fod Map**

READY IN



43 min.

SERVINGS



43

CALORIES



112 kcal

DESSERT

Ingredients

- 11 oz caramels kraft
- 2 cups marshmallows jet-puffed miniature
- 1 cup planters peanuts salted
- 4 oz baker's semi-sweet chocolate chopped (6 oz.)
- 16.5 oz able sugar cookies refrigerated
- 2 Tbsp water

Equipment

- bowl

- frying pan
- oven
- microwave

Directions

- Heat oven to 350F.
- Slice cookie dough; place in single layer on bottom of 13x9-inch pan. Press to completely cover bottom of pan.
- Bake 15 to 18 min. or until lightly browned.
- Microwave caramels and water in microwaveable bowl on HIGH 2 to 3 min. or until caramels are completely melted, stirring after each minute; pour over crust. Top with remaining ingredients.
- Bake 5 to 7 min. or until marshmallows are lightly browned. Cool completely before cutting into bars.

Nutrition Facts



Properties

Glycemic Index:4.55, Glycemic Load:12.37, Inflammation Score:-1, Nutrition Score:1.4308695705689%

Nutrients (% of daily need)

Calories: 111.91kcal (5.6%), Fat: 3.3g (5.08%), Saturated Fat: 1.02g (6.37%), Carbohydrates: 20.28g (6.76%), Net Carbohydrates: 19.77g (7.19%), Sugar: 17.91g (19.9%), Cholesterol: 0.67mg (0.22%), Sodium: 34.74mg (1.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.49g (2.98%), Manganese: 0.12mg (5.82%), Copper: 0.06mg (2.99%), Magnesium: 11.63mg (2.91%), Phosphorus: 28.45mg (2.85%), Vitamin B3: 0.54mg (2.71%), Fiber: 0.52g (2.06%), Potassium: 57.15mg (1.63%), Calcium: 15.24mg (1.52%), Iron: 0.26mg (1.47%), Vitamin B2: 0.02mg (1.46%), Vitamin B1: 0.02mg (1.27%), Folate: 4.59µg (1.15%), Zinc: 0.17mg (1.15%), Selenium: 0.71µg (1.02%)