



Brownie Peanut Chews

READY IN



180 min.

SERVINGS



16

CALORIES



239 kcal

DESSERT

Ingredients

- ☐ 16 oz brownie mix
- ☐ 1 serving vegetable oil for on brownie mix box
- ☐ 1.5 cups marshmallows miniature
- ☐ 0.3 cup plus light
- ☐ 2 tablespoons butter
- ☐ 0.8 cup peanut butter chips
- ☐ 2 teaspoons vanilla
- ☐ 1 cup rice cereal crisp
- ☐ 1 cup roasted peanuts salted

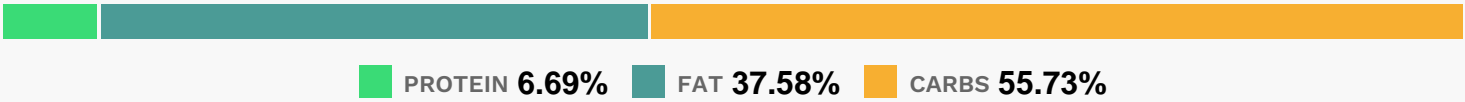
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ wire rack

Directions

- ☐ Heat oven to 350°F (325°F for dark or nonstick pan). Grease bottom of 8-inch square pan with shortening or cooking spray. Make and bake brownies as directed on box. Immediately after removing from oven, sprinkle with marshmallows.
- ☐ Bake 1 to 2 minutes longer or until marshmallows just begin to puff. Cool 30 minutes on cooling rack.
- ☐ In 2-quart saucepan, heat corn syrup, butter, peanut butter chips and vanilla over medium heat 2 to 3 minutes, stirring constantly, until chips are melted.
- ☐ Remove from heat; stir in cereal and peanuts.
- ☐ Spread evenly over marshmallows. Refrigerate about 1 1/2 hours or until firm.
- ☐ Cut into 4 rows by 4 rows. Store in refrigerator.

Nutrition Facts



Properties

Glycemic Index:8.09, Glycemic Load:3.34, Inflammation Score:-1, Nutrition Score:2.4630434560063%

Nutrients (% of daily need)

Calories: 239.06kcal (11.95%), Fat: 10.23g (15.74%), Saturated Fat: 2.47g (15.43%), Carbohydrates: 34.15g (11.38%), Net Carbohydrates: 33.31g (12.11%), Sugar: 22.28g (24.76%), Cholesterol: 3.76mg (1.25%), Sodium: 141.8mg (6.17%), Alcohol: 0.17g (100%), Alcohol %: 0.35% (100%), Protein: 4.1g (8.2%), Manganese: 0.22mg (10.82%), Vitamin B3: 1.41mg (7.05%), Iron: 1.05mg (5.83%), Magnesium: 15.94mg (3.98%), Phosphorus: 37.52mg (3.75%), Copper: 0.07mg (3.4%), Folate: 13.39µg (3.35%), Fiber: 0.83g (3.33%), Vitamin B1: 0.04mg (2.56%), Potassium: 73.63mg (2.1%), Vitamin K: 1.73µg (1.65%), Zinc: 0.23mg (1.54%), Selenium: 0.95µg (1.36%), Vitamin B5: 0.13mg (1.29%), Vitamin B6: 0.02mg (1.18%), Calcium: 10.77mg (1.08%)