

# Chocolate Chip Marshmallow Bars

 Dairy Free

READY IN



**35 min.**

SERVINGS



**36**

CALORIES



**184 kcal**

SIDE DISH

## Ingredients

- 1 teaspoon baking soda
- 0.8 cup brown sugar packed
- 2 eggs
- 2.3 cups flour all-purpose
- 2 cups marshmallows miniature
- 1 teaspoon salt
- 1.5 cups semi chocolate chips
- 1 cup shortening

- 0.8 cup sugar
- 1 teaspoon vanilla extract
- 0.8 cup walnut pieces chopped

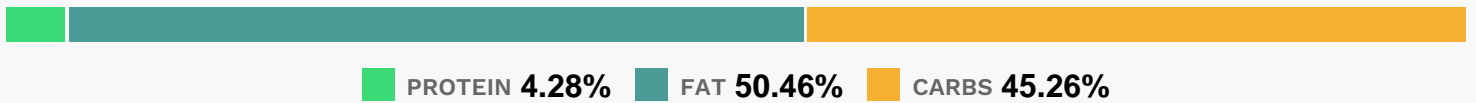
## Equipment

- bowl
- oven
- wire rack
- baking pan

## Directions

- In a large bowl, cream shortening and sugars until light and fluffy.
- Add eggs, one at a time, beating well after each addition. Beat in vanilla.
- Combine the flour, baking soda and salt; gradually add to creamed mixture and mix well. Stir in the marshmallows, chips and walnuts.
- Spread into a greased 13-in. x 9-in. baking pan.
- Bake at 350° for 25–30 minutes or until golden brown. Cool on a wire rack.
- Cut into bars.

## Nutrition Facts



## Properties

Glycemic Index:6.27, Glycemic Load:8.62, Inflammation Score:-1, Nutrition Score:3.3104348147045%

## Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg

## Nutrients (% of daily need)

Calories: 184.25kcal (9.21%), Fat: 10.48g (16.13%), Saturated Fat: 3.32g (20.72%), Carbohydrates: 21.16g (7.05%), Net Carbohydrates: 20.19g (7.34%), Sugar: 13.07g (14.52%), Cholesterol: 9.54mg (3.18%), Sodium: 103.21mg (4.49%), Alcohol: 0.04g (100%), Alcohol %: 0.13% (100%), Caffeine: 6.45mg (2.15%), Protein: 2g (4%), Manganese: 0.24mg

(12.02%), Copper: 0.15mg (7.53%), Selenium: 4.28µg (6.11%), Iron: 1mg (5.53%), Vitamin B1: 0.07mg (4.95%), Magnesium: 19.55mg (4.89%), Folate: 17.91µg (4.48%), Phosphorus: 41.62mg (4.16%), Fiber: 0.98g (3.91%), Vitamin K: 3.67µg (3.49%), Vitamin B2: 0.06mg (3.41%), Vitamin E: 0.44mg (2.94%), Vitamin B3: 0.56mg (2.8%), Zinc: 0.36mg (2.42%), Potassium: 71.5mg (2.04%), Vitamin B5: 0.15mg (1.53%), Calcium: 13.62mg (1.36%), Vitamin B6: 0.03mg (1.26%)