



Chocolate Chip Peanut Butter Mallow Dessert Bars

READY IN



45 min.

SERVINGS



8

CALORIES



277 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 1 Tbs butter soft
- 9 ounces chocolate chip cookie mix
- 2 Tbs chocolate syrup
- 1 eggs
- 1 cup marshmallows mini
- 1 teaspoon milk
- 0.3 cup peanut butter (smooth)

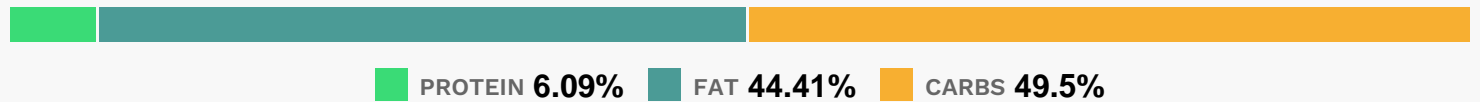
Equipment

- frying pan
- oven
- mixing bowl
- baking pan

Directions

- In a mixing bowl stir together the cookie mix, egg, milk and butter until smooth. Grease a 8x8 baking pan and spread the cookie mixture into the bottom.
- Bake in a 375 degree oven for about 15–20 minutes or until set and brown.
- Remove from the oven and spread on the peanut butter evenly on the top of the cookie bar then top with the marshmallows. Return the pan back into the oven just until the marshmallows start to melt. Take the pan back out of the oven and spread the marshmallows evenly over the peanut butter and then drizzle with the chocolate syrup.
- Let cool and cut into squares.

Nutrition Facts



Properties

Glycemic Index:26.4, Glycemic Load:13.35, Inflammation Score:-2, Nutrition Score:4.0582608695652%

Taste

Sweetness: 100%, Saltiness: 31.42%, Sourness: 7.91%, Bitterness: 15.52%, Savoriness: 15.35%, Fattiness: 48.8%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 276.6kcal (13.83%), Fat: 13.91g (21.4%), Saturated Fat: 5.03g (31.41%), Carbohydrates: 34.89g (11.63%), Net Carbohydrates: 33.35g (12.13%), Sugar: 19.67g (21.86%), Cholesterol: 26.9mg (8.97%), Sodium: 180.57mg (7.85%), Protein: 4.3g (8.59%), Vitamin B3: 1.75mg (8.76%), Vitamin B1: 0.12mg (8%), Manganese: 0.16mg (7.88%), Magnesium: 31.38mg (7.85%), Folate: 31.2µg (7.8%), Phosphorus: 67.98mg (6.8%), Fiber: 1.54g (6.16%), Vitamin B2: 0.1mg (6.14%), Vitamin E: 0.84mg (5.57%), Copper: 0.09mg (4.69%), Iron: 0.84mg (4.66%), Potassium: 134.62mg (3.85%), Zinc: 0.51mg (3.42%), Selenium: 2.29µg (3.27%), Vitamin B6: 0.05mg (2.32%), Vitamin B5: 0.18mg (1.76%),

Vitamin A: 75.07IU (1.5%)