



Chocolate-Marshmallow Brownies

 Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



283 kcal

DESSERT

Ingredients

- ☐ 1 cup butter
- ☐ 4 ounce chocolate squares unsweetened
- ☐ 4 large eggs
- ☐ 1 cup flour all-purpose
- ☐ 2 cups marshmallows miniature
- ☐ 0.1 teaspoon salt
- ☐ 12 ounces semisweet chocolate morsels
- ☐ 2 cups sugar

☐ 2 teaspoons vanilla extract

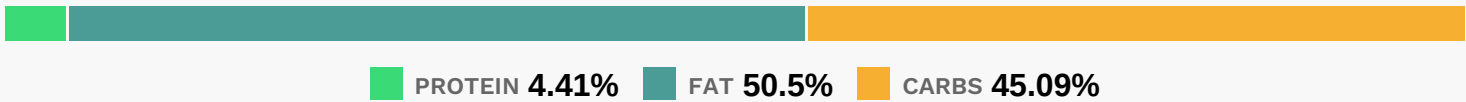
Equipment

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

Directions

- ☐ Heat chocolate and butter in a saucepan over medium-high heat, stirring constantly, until melted. Stir in sugar, and cook, stirring constantly, until sugar melts. Cool 15 minutes.
- ☐ Add eggs; stir until blended.
- ☐ Add flour, salt, and vanilla, stirring until blended. Stir in chocolate morsels and marshmallows, and pour into a greased 13- x 9-inch pan.
- ☐ Bake at 350 for 30 to 35 minutes; cool in pan on a wire rack. Cover brownies, and let stand at room temperature 8 hours.

Nutrition Facts



Properties

Glycemic Index:8.57, Glycemic Load:16.56, Inflammation Score:-4, Nutrition Score:5.7626086792544%

Flavonoids

Catechin: 3.04mg, Catechin: 3.04mg, Catechin: 3.04mg, Catechin: 3.04mg Epicatechin: 6.7mg, Epicatechin: 6.7mg, Epicatechin: 6.7mg, Epicatechin: 6.7mg

Nutrients (% of daily need)

Calories: 283kcal (14.15%), Fat: 16.42g (25.26%), Saturated Fat: 6.5g (40.64%), Carbohydrates: 32.99g (11%), Net Carbohydrates: 30.93g (11.25%), Sugar: 24.37g (27.07%), Cholesterol: 31.85mg (10.62%), Sodium: 119.32mg (5.19%), Alcohol: 0.11g (100%), Alcohol %: 0.23% (100%), Caffeine: 15.97mg (5.32%), Protein: 3.23g (6.45%), Manganese: 0.42mg (21.22%), Copper: 0.35mg (17.43%), Iron: 2.12mg (11.8%), Magnesium: 42.95mg (10.74%), Selenium: 6.07µg (8.67%), Fiber: 2.06g (8.25%), Phosphorus: 80.41mg (8.04%), Vitamin A: 390.41IU (7.81%), Zinc: 0.98mg (6.52%), Vitamin B2: 0.08mg (4.85%), Potassium: 141.67mg (4.05%), Vitamin B1: 0.06mg (3.78%), Folate: 14.91µg (3.73%),

Vitamin E: 0.49mg (3.24%), Vitamin B3: 0.5mg (2.52%), Calcium: 22.18mg (2.22%), Vitamin B5: 0.21mg (2.09%),
Vitamin B12: 0.11µg (1.82%), Vitamin K: 1.52µg (1.45%), Vitamin B6: 0.02mg (1.18%), Vitamin D: 0.17µg (1.11%)