



Double Brownie Muddy Buddies™ Mix

 Dairy Free

READY IN



95 min.

SERVINGS



30

CALORIES



202 kcal

DESSERT

Ingredients

- ☐ 1 box brownie mix
- ☐ 1 serving vegetable oil for on brownie mix box
- ☐ 10.5 oz asian rice cracker snack mix
- ☐ 2 cups m&m candies
- ☐ 2 cups pretzel twists

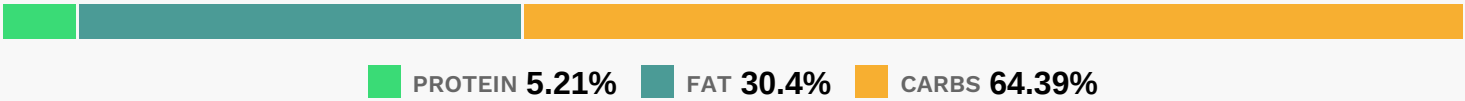
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐
- Heat oven to 350°F (325°F for dark or nonstick pan). Make brownies as directed on box for 9-inch square pan. Cool completely, about 1 hour.
- ☐
- Cut brownies into 1-inch pieces. Gently mix with remaining ingredients. Store tightly covered.

Nutrition Facts



Properties

Glycemic Index:2.77, Glycemic Load:1.81, Inflammation Score:-1, Nutrition Score:1.9682608564263%

Nutrients (% of daily need)

Calories: 202.05kcal (10.1%), Fat: 6.84g (10.52%), Saturated Fat: 2.69g (16.81%), Carbohydrates: 32.58g (10.86%), Net Carbohydrates: 31.54g (11.47%), Sugar: 17.9g (19.88%), Cholesterol: 2.48mg (0.83%), Sodium: 163.26mg (7.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.64g (5.28%), Iron: 1.21mg (6.75%), Manganese: 0.11mg (5.41%), Folate: 16.94µg (4.23%), Fiber: 1.05g (4.18%), Vitamin B3: 0.65mg (3.25%), Vitamin B1: 0.05mg (3.16%), Vitamin B2: 0.04mg (2.4%), Vitamin K: 2.4µg (2.28%), Calcium: 21.81mg (2.18%), Phosphorus: 20.49mg (2.05%), Magnesium: 5.88mg (1.47%), Zinc: 0.2mg (1.3%), Selenium: 0.82µg (1.17%), Vitamin B6: 0.02mg (1.06%), Copper: 0.02mg (1.05%)