



WHATSheATE



## Double Brownie Muddy Buddies™ Mix



Dairy Free

READY IN



95 min.

SERVINGS



30

CALORIES



322 kcal

DESSERT

### Ingredients

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

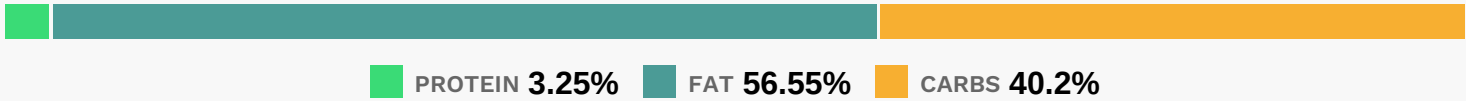
### Equipment

- ☐ frying pan
- ☐ oven

## Directions

- ☐ Heat oven to 350F (325F 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:3.3199999727633%

## Nutrients (% of daily need)

Calories: 321.69kcal (16.08%), Fat: 20.37g (31.34%), Saturated Fat: 4.75g (29.71%), 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%), Vitamin K: 27.28µg (25.98%), Vitamin E: 1.26mg (8.37%), Iron: 1.22mg (6.76%), 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%), 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%)