



Double-Chocolate Rocky Road Cookie Bars

READY IN



210 min.

SERVINGS



24

CALORIES



371 kcal

DESSERT

Ingredients

- 17.5 oz basic cookie mix chunk
- 0.3 cup vegetable oil
- 2 tablespoons water
- 1 eggs
- 8 oz cream cheese softened
- 0.5 cup granulated sugar
- 0.3 cup butter softened
- 2 tablespoons flour all-purpose
- 1 teaspoon vanilla

- 1 eggs
- 0.3 cup pecans chopped
- 6 oz semi chocolate chips
- 1.5 cups marshmallows miniature
- 0.5 cup butter
- 0.3 cup cocoa powder unsweetened
- 0.3 cup milk
- 3 cups powdered sugar
- 1 teaspoon vanilla
- 1 cup pecans chopped

Equipment

- bowl
- frying pan
- sauce pan
- oven
- whisk
- hand mixer

Directions

- Heat oven to 350°F. Spray bottom and sides of 13x9-inch pan with cooking spray.
- In large bowl, stir cookie base ingredients until soft dough forms. Press dough in bottom of pan. Set aside.
- In large bowl, beat cream cheese, granulated sugar, 1/4 cup butter, the flour, 1 teaspoon vanilla and the egg with electric mixer on medium speed until smooth. Stir in 1/4 cup pecans.
- Spread over cookie dough base.
- Sprinkle with chocolate chips.
- Bake 26 to 28 minutes or until filling is set.
- Sprinkle evenly with marshmallows.

- Bake 2 minutes longer.
- In 2-quart saucepan, melt 1/2 cup butter over medium heat. Stir in cocoa and milk.
- Heat to boiling, stirring constantly.
- Remove from heat. With wire whisk, gradually stir in powdered sugar until well blended. Stir in 1 teaspoon vanilla and 1 cup pecans. Immediately pour over marshmallows, spreading gently to cover. Cool 30 minutes.
- Refrigerate about 2 hours or until chilled. For bars, cut into 6 rows by 4 rows. Store covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:12.11, Glycemic Load:5.01, Inflammation Score:-4, Nutrition Score:4.5482608481594%

Flavonoids

Cyanidin: 0.61mg, Cyanidin: 0.61mg, Cyanidin: 0.61mg, Cyanidin: 0.61mg Delphinidin: 0.41mg, Delphinidin: 0.41mg, Delphinidin: 0.41mg, Delphinidin: 0.41mg Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg Epicatechin: 1.81mg, Epicatechin: 1.81mg, Epicatechin: 1.81mg, Epicatechin: 1.81mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 371.22kcal (18.56%), Fat: 20.89g (32.13%), Saturated Fat: 5.91g (36.96%), Carbohydrates: 43.7g (14.57%), Net Carbohydrates: 41.71g (15.17%), Sugar: 33.78g (37.54%), Cholesterol: 24.02mg (8.01%), Sodium: 128.61mg (5.59%), Alcohol: 0.11g (100%), Alcohol %: 0.17% (100%), Caffeine: 8.16mg (2.72%), Protein: 3.22g (6.43%), Manganese: 0.39mg (19.6%), Copper: 0.2mg (10.03%), Vitamin A: 412.67IU (8.25%), Fiber: 1.99g (7.95%), Magnesium: 25.98mg (6.49%), Phosphorus: 64.1mg (6.41%), Iron: 0.91mg (5.07%), Vitamin K: 5.13µg (4.88%), Selenium: 3.32µg (4.75%), Vitamin E: 0.65mg (4.33%), Vitamin B2: 0.07mg (4.22%), Zinc: 0.62mg (4.15%), Vitamin B1: 0.06mg (3.83%), Potassium: 113.68mg (3.25%), Calcium: 27.48mg (2.75%), Vitamin B5: 0.2mg (2.04%), Vitamin B12: 0.09µg (1.53%), Vitamin B6: 0.03mg (1.5%), Vitamin B3: 0.28mg (1.41%), Folate: 5.36µg (1.34%)