



Double-Chocolate Rocky Road Cookie Bars

READY IN



210 min.

SERVINGS



24

CALORIES



368 kcal

DESSERT

Ingredients

- 0.3 cup butter softened
- 0.5 cup butter
- 1 pouch basic cookie mix chunk (1 lb 1.5 oz)
- 8 oz cream cheese softened
- 1 eggs
- 2 tablespoons flour all-purpose
- 0.5 cup granulated sugar
- 1.5 cups marshmallows miniature
- 0.3 cup milk

- 0.3 cup pecans chopped
- 1 cup pecans chopped
- 3 cups powdered sugar
- 6 oz semi chocolate chips
- 0.3 cup cocoa powder unsweetened
- 1 teaspoon vanilla
- 0.3 cup vegetable oil
- 2 tablespoons water

Equipment

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

Directions

- Heat oven to 350F. 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:4.3769565133945%

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: 368.1kcal (18.4%), Fat: 20.71g (31.87%), Saturated Fat: 5.86g (36.6%), Carbohydrates: 43.66g (14.55%), Net Carbohydrates: 41.68g (15.15%), Sugar: 33.75g (37.5%), Cholesterol: 17.2mg (5.73%), Sodium: 125.99mg (5.48%), Alcohol: 0.06g (100%), Alcohol %: 0.09% (100%), Caffeine: 8.16mg (2.72%), Protein: 2.99g (5.97%), Manganese: 0.39mg (19.56%), Copper: 0.2mg (9.96%), Vitamin A: 402.77IU (8.06%), Fiber: 1.99g (7.95%), Magnesium: 25.74mg (6.43%), Phosphorus: 60.46mg (6.05%), Iron: 0.88mg (4.89%), Vitamin K: 5.12µg (4.88%), Vitamin E: 0.63mg (4.2%), Zinc: 0.6mg (3.99%), Selenium: 2.76µg (3.94%), Vitamin B1: 0.06mg (3.78%), Vitamin B2: 0.06mg (3.71%), Potassium: 110.9mg (3.17%), Calcium: 26.44mg (2.64%), Vitamin B5: 0.18mg (1.76%), Vitamin B3: 0.28mg (1.4%), Vitamin B6: 0.03mg (1.35%), Vitamin B12: 0.08µg (1.25%), Folate: 4.49µg (1.12%)