



Double Rocky Road Bars

READY IN



65 min.

SERVINGS



16

CALORIES



290 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 17.5 oz basic cookie mix chunk
- 0.3 cup vegetable oil
- 2 tablespoons water
- 1 eggs
- 16 oz chocolate frosting
- 0.3 cup marshmallows miniature
- 1 tablespoon peanuts chopped

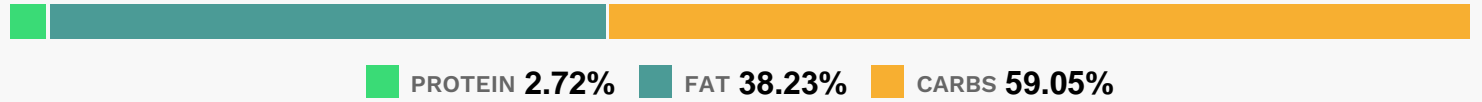
Equipment

- bowl
- frying pan
- oven

Directions

- Heat oven to 350°F. Stir cookie mix, oil, water and egg in medium bowl with spoon until dough forms. Press in ungreased square pan, 8x8x2 inches.
- Bake 20 to 25 minutes or just until set. Cool completely, about 30 minutes.
- Stir together frosting and marshmallows; spread over bars.
- Sprinkle with peanuts. For 16 bars, cut into 4 rows by 4 rows. Store tightly covered.

Nutrition Facts



Properties

Glycemic Index:4.67, Glycemic Load:0.77, Inflammation Score:-1, Nutrition Score:1.8817391071631%

Nutrients (% of daily need)

Calories: 290kcal (14.5%), Fat: 12.34g (18.99%), Saturated Fat: 2.68g (16.77%), Carbohydrates: 42.9g (14.3%), Net Carbohydrates: 41.8g (15.2%), Sugar: 31.87g (35.41%), Cholesterol: 10.23mg (3.41%), Sodium: 89.82mg (3.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.97g (3.94%), Vitamin K: 6.27µg (5.97%), Vitamin E: 0.75mg (5%), Fiber: 1.1g (4.41%), Manganese: 0.09mg (4.27%), Copper: 0.07mg (3.31%), Iron: 0.59mg (3.28%), Phosphorus: 30.39mg (3.04%), Potassium: 78.04mg (2.23%), Magnesium: 7.51mg (1.88%), Selenium: 1.14µg (1.63%), Vitamin B2: 0.03mg (1.58%), Vitamin B3: 0.26mg (1.28%), Vitamin B1: 0.02mg (1.18%)