



Double Rocky Road Bars

READY IN



65 min.

SERVINGS



16

CALORIES



234 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup chocolate frosting (16-ounce size)
- 1 pouch basic cookie mix chunk (1 lb 1.5 oz)
- 1 eggs
- 0.3 cup marshmallows miniature
- 1 tablespoon peanuts chopped
- 0.3 cup vegetable oil
- 2 tablespoons water

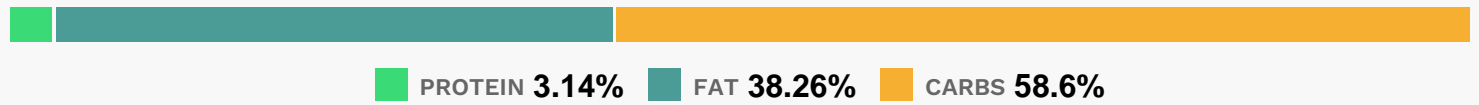
Equipment

- bowl
- frying pan
- oven

Directions

- Heat oven to 350F. 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:1.4499999958536%

Nutrients (% of daily need)

Calories: 233.5kcal (11.68%), Fat: 9.84g (15.13%), Saturated Fat: 1.9g (11.86%), Carbohydrates: 33.9g (11.3%), Net Carbohydrates: 32.93g (11.97%), Sugar: 23.66g (26.29%), Cholesterol: 10.23mg (3.41%), Sodium: 63.78mg (2.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.82g (3.63%), Vitamin K: 6.27µg (5.97%), Fiber: 0.98g (3.9%), Vitamin E: 0.53mg (3.52%), Manganese: 0.05mg (2.56%), Iron: 0.39mg (2.16%), Phosphorus: 19.15mg (1.92%), Copper: 0.04mg (1.88%), Selenium: 1.03µg (1.47%), Vitamin B2: 0.02mg (1.44%), Potassium: 50.16mg (1.43%), Vitamin B3: 0.24mg (1.2%), Magnesium: 4.52mg (1.13%), Vitamin B1: 0.02mg (1.06%)