



Frosted Rocky Road Bars

READY IN



120 min.

SERVINGS



24

CALORIES



275 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 box chocolate cake mix
- ☐ 0.5 cup butter softened
- ☐ 0.3 cup water
- ☐ 0.3 cup brown sugar packed
- ☐ 1 eggs
- ☐ 1 cup nuts chopped
- ☐ 3 cups marshmallows miniature
- ☐ 0.5 cup m&m candies
- ☐ 16 oz chocolate frosting

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ microwave

Directions

- ☐ Heat oven to 350°F (325°F for dark or nonstick pan). Grease or spray bottom and sides of 13x9-inch pan. In large bowl, stir together dry cake mix, butter, water, brown sugar and egg until well blended. Stir in nuts; spread in pan.
- ☐ Bake 20 minutes.
- ☐ Sprinkle with marshmallows.
- ☐ Bake 10 to 15 minutes longer or until marshmallows are puffed and golden.
- ☐ Sprinkle with candies.
- ☐ In small microwavable bowl, microwave frosting uncovered on High 10 to 15 seconds.
- ☐ Drizzle over bars. Cool completely, about 1 hour. For easier cutting, use plastic knife dipped in hot water. For bars, cut into 6 rows by 4 rows. Store loosely covered.

Nutrition Facts



■ PROTEIN 4.04% ■ FAT 44.54% ■ CARBS 51.42%

Properties

Glycemic Index:3.76, Glycemic Load:3.36, Inflammation Score:-3, Nutrition Score:3.9247826062467%

Nutrients (% of daily need)

Calories: 274.67kcal (13.73%), Fat: 14.23g (21.89%), Saturated Fat: 3.52g (22.03%), Carbohydrates: 36.95g (12.32%), Net Carbohydrates: 35.69g (12.98%), Sugar: 26.34g (29.27%), Cholesterol: 7.47mg (2.49%), Sodium: 239.72mg (10.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.9g (5.81%), Manganese: 0.2mg (10.21%), Copper: 0.2mg (9.77%), Phosphorus: 94.94mg (9.49%), Iron: 1.42mg (7.87%), Magnesium: 26.65mg (6.66%), Fiber: 1.27g (5.06%), Vitamin E: 0.66mg (4.4%), Selenium: 3.08µg (4.4%), Calcium: 42.35mg (4.23%), Potassium: 140.14mg (4%),

Folate: 15.34µg (3.84%), Vitamin A: 190.4IU (3.81%), Vitamin B2: 0.05mg (3.19%), Vitamin B1: 0.05mg (3.09%), Zinc: 0.45mg (3.03%), Vitamin B3: 0.6mg (3.01%), Vitamin B6: 0.03mg (1.52%), Vitamin B5: 0.14mg (1.37%)