



Frozen OREO Rocky Road Bars

READY IN



255 min.

SERVINGS



15

CALORIES



216 kcal

Ingredients

- 2 1/2 graham crackers (9 squares)
- 2.5 cups marshmallows jet-puffed miniature divided
- 0.5 cup milk
- 1.5 cups oreo cookies coarsely chopped
- 5 oz baker's semi-sweet chocolate
- 0.5 cup planters walnuts coarsely chopped
- 2 cups cool whip whipped topping thawed

Equipment

- bowl

- frying pan
- aluminum foil
- microwave

Directions

- Line 9-inch square pan with foil, with ends of foil extending over sides of pan. Arrange grahams on bottom of pan; set aside.
- Mix 2 cups of the marshmallows, the chocolate and milk in microwaveable bowl. Microwave on HIGH 1 min.; stir. Microwave on HIGH 30 sec.; stir until chocolate is completely melted. Cool.
- Add whipped topping, remaining 1/2 cup marshmallows, the chopped cookies and walnuts to marshmallow mixture; stir gently until well blended. Carefully spread over grahams in prepared pan.
- Freeze several hours or until firm.
- Remove dessert from pan, using foil handles.
- Cut dessert into 12 bars to serve. Store any leftover bars in freezer.

Nutrition Facts



PROTEIN 5.15% **FAT 44.67%** **CARBS 50.18%**

Properties

Glycemic Index:12.83, Glycemic Load:5.3, Inflammation Score:-2, Nutrition Score:4.8456521628667%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg

Nutrients (% of daily need)

Calories: 216.16kcal (10.81%), Fat: 10.99g (16.91%), Saturated Fat: 4.54g (28.38%), Carbohydrates: 27.79g (9.26%), Net Carbohydrates: 26.23g (9.54%), Sugar: 18.06g (20.07%), Cholesterol: 1.74mg (0.58%), Sodium: 92.36mg (4.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 8.93mg (2.98%), Protein: 2.85g (5.7%), Manganese: 0.37mg (18.39%), Iron: 2.75mg (15.29%), Copper: 0.24mg (12.16%), Magnesium: 33.26mg (8.31%), Phosphorus: 73mg (7.3%), Fiber: 1.55g (6.21%), Vitamin K: 5.51µg (5.25%), Vitamin B2: 0.07mg (4.31%), Vitamin B1: 0.06mg (3.92%), Potassium: 134.24mg (3.84%), Zinc: 0.57mg (3.81%), Folate: 14.82µg (3.71%), Vitamin E: 0.53mg (3.55%), Selenium: 2.35µg (3.36%), Calcium: 31.87mg (3.19%), Vitamin B3: 0.63mg (3.17%), Vitamin B6: 0.04mg (1.85%), Vitamin B12:

0.08µg (1.35%), Vitamin B5: 0.13mg (1.29%)