



Fudgy Marshmallow Bars

READY IN



45 min.

SERVINGS



9

CALORIES



331 kcal

SIDE DISH

Ingredients

- ☐ 9 servings butter
- ☐ 1 cup chocolate wafer crumbs (12 cookies)
- ☐ 2 large eggs
- ☐ 0.5 cup flour all-purpose
- ☐ 2 tablespoons brown sugar light packed
- ☐ 2 cups marshmallows mini
- ☐ 0.5 cup semi chocolate chips
- ☐ 0.8 cup sugar
- ☐ 2 ounces chocolate unsweetened chopped

☐ 1 teaspoon vanilla extract

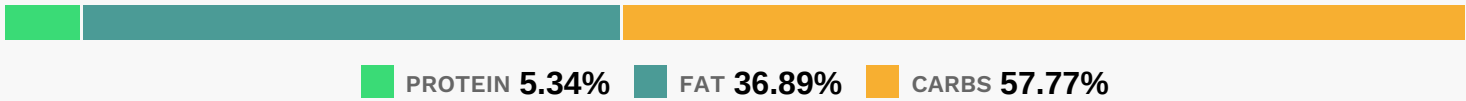
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ broiler
- ☐ microwave

Directions

- ☐ Preheat oven to 350F. Butter an 8-inch, square pan and line with parchment paper.
- ☐ Melt half of butter and then mix with crumbs, brown sugar and a pinch of salt. Press firmly into bottom of pan.
- ☐ Bake in bottom third of oven until set, 10 to 12 minutes.
- ☐ Combine remaining butter and unsweetened chocolate in a heatproof bowl; microwave at 20-second intervals until melted, stirring after each interval. Cool slightly. In a separate bowl, whisk sugar, vanilla and eggs. Stir in chocolate mixture.
- ☐ Add flour and mix until just combined.
- ☐ Pour over cooled crust and bake until just set, 22 minutes.
- ☐ Remove from oven. Set broiler on high and place oven rack 3 inches from heat.
- ☐ Sprinkle marshmallows and chocolate chips over cookie and broil until marshmallows start to brown, 1 minute.
- ☐ Remove from oven and let cool before cutting into squares.

Nutrition Facts



Properties

Glycemic Index:33.9, Glycemic Load:25.2, Inflammation Score:-4, Nutrition Score:7.1739129709161%

Flavonoids

Catechin: 4.05mg, Catechin: 4.05mg, Catechin: 4.05mg, Catechin: 4.05mg Epicatechin: 8.94mg, Epicatechin: 8.94mg, Epicatechin: 8.94mg, Epicatechin: 8.94mg

Nutrients (% of daily need)

Calories: 331.28kcal (16.56%), Fat: 14.15g (21.77%), Saturated Fat: 7.7g (48.15%), Carbohydrates: 49.86g (16.62%), Net Carbohydrates: 47.39g (17.23%), Sugar: 34.12g (37.91%), Cholesterol: 52.93mg (17.64%), Sodium: 132.6mg (5.77%), Alcohol: 0.15g (100%), Alcohol %: 0.23% (100%), Caffeine: 14.88mg (4.96%), Protein: 4.61g (9.22%), Manganese: 0.54mg (26.82%), Copper: 0.42mg (20.88%), Iron: 2.8mg (15.55%), Magnesium: 48.27mg (12.07%), Selenium: 8.2µg (11.71%), Phosphorus: 99.35mg (9.93%), Fiber: 2.47g (9.87%), Zinc: 1.21mg (8.07%), Vitamin B2: 0.13mg (7.93%), Vitamin B1: 0.1mg (6.47%), Folate: 25.83µg (6.46%), Vitamin B3: 0.96mg (4.79%), Potassium: 164.18mg (4.69%), Vitamin A: 191.44IU (3.83%), Vitamin B5: 0.3mg (2.98%), Calcium: 27.65mg (2.76%), Vitamin E: 0.41mg (2.74%), Vitamin B12: 0.14µg (2.28%), Vitamin K: 2.03µg (1.94%), Vitamin B6: 0.04mg (1.75%), Vitamin D: 0.22µg (1.48%)