



Ghosts in the Mud

READY IN



45 min.

SERVINGS



6

CALORIES



802 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 cup butter softened
- ☐ 2 eggs
- ☐ 1.5 cup flour all-purpose
- ☐ 1 cup marshmallows mini
- ☐ 0.5 cup milk chocolate chips
- ☐ 1 cup pecans chopped
- ☐ 0.5 teaspoon salt
- ☐ 1 cup semi chocolate chips

- ☐ 1 cup sugar
- ☐ 1 teaspoon vanilla extract

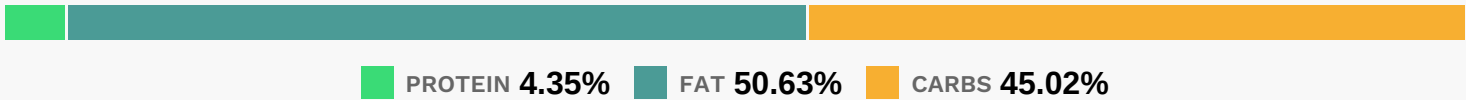
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ hand mixer
- ☐ microwave

Directions

- ☐ Microwave semisweet chocolate morsels in a microwave-safe bowl on high for one minute, or until smooth, stirring every 30 seconds.
- ☐ Beat butter and sugar at medium speed with an electric mixer until creamy; add eggs, one at a time, beating well after each addition. Beat in vanilla and melted chocolate.
- ☐ Combine flour, baking powder and salt; gradually add to chocolate mixture, beating until well blended. Stir in chopped pecans and milk chocolate chips. Drop dough by heaping tablespoonfuls onto parchment paper-lined baking sheets. Press 3 marshmallows into each cookie.
- ☐ Bake at 350 for 10 to 12 minutes, or until set.
- ☐ Remove to wire racks to cool completely. Makes about 3 dozen.

Nutrition Facts



Properties

Glycemic Index:59.6, Glycemic Load:44.87, Inflammation Score:-6, Nutrition Score:15.653478207148%

Flavonoids

Cyanidin: 1.95mg, Cyanidin: 1.95mg, Cyanidin: 1.95mg, Cyanidin: 1.95mg Delphinidin: 1.32mg, Delphinidin: 1.32mg, Delphinidin: 1.32mg, Delphinidin: 1.32mg Catechin: 1.32mg, Catechin: 1.32mg, Catechin: 1.32mg, Catechin: 1.32mg Epigallocatechin: 1.02mg, Epigallocatechin: 1.02mg, Epigallocatechin: 1.02mg, Epigallocatechin: 1.02mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Epigallocatechin 3–gallate: 0.42mg, Epigallocatechin 3–gallate: 0.42mg, Epigallocatechin 3–gallate: 0.42mg, Epigallocatechin 3–gallate: 0.42mg

Nutrients (% of daily need)

Calories: 801.69kcal (40.08%), Fat: 46.02g (70.81%), Saturated Fat: 20.65g (129.04%), Carbohydrates: 92.1g (30.7%), Net Carbohydrates: 87.11g (31.67%), Sugar: 58.61g (65.12%), Cholesterol: 97.03mg (32.34%), Sodium: 417.6mg (18.16%), Alcohol: 0.23g (100%), Alcohol %: 0.17% (100%), Caffeine: 25.8mg (8.6%), Protein: 8.89g (17.78%), Manganese: 1.44mg (71.82%), Copper: 0.66mg (32.95%), Selenium: 18.84µg (26.91%), Vitamin B1: 0.38mg (25.45%), Iron: 4.18mg (23.21%), Phosphorus: 210.96mg (21.1%), Magnesium: 84.23mg (21.06%), Fiber: 5g (19.99%), Folate: 68.73µg (17.18%), Vitamin B2: 0.27mg (16.07%), Zinc: 2.05mg (13.67%), Vitamin B3: 2.34mg (11.69%), Vitamin A: 577.1IU (11.54%), Calcium: 99.42mg (9.94%), Potassium: 347.9mg (9.94%), Vitamin E: 1.04mg (6.95%), Vitamin B5: 0.63mg (6.3%), Vitamin B6: 0.09mg (4.4%), Vitamin K: 4.26µg (4.05%), Vitamin B12: 0.22µg (3.61%), Vitamin D: 0.29µg (1.96%)