



Gluten-Free Ooey Gooey Rocky Road Bars

READY IN



155 min.

SERVINGS



24

CALORIES



271 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup butter softened
- ☐ 1 eggs
- ☐ 1 teaspoon vanilla gluten-free
- ☐ 19 oz chocolate chip cookie mix gluten free
- ☐ 2 cups semi chocolate chips
- ☐ 0.5 cup pecans toasted chopped
- ☐ 3 cups marshmallows miniature

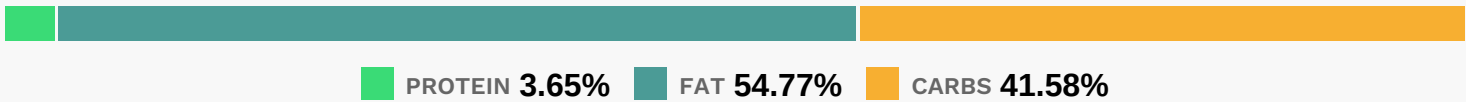
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat oven to 350°F. Spray bottom only of 13x9-inch pan with cooking spray. In large bowl, mix butter, egg and vanilla until blended. Stir in cookie mix until soft dough forms. Press dough evenly in pan.
- ☐ Bake 20 to 25 minutes or until top is golden brown and center puffs slightly. Immediately sprinkle chocolate chips over crust.
- ☐ Let stand 3 to 5 minutes or until chocolate begins to melt. Gently spread chocolate evenly over crust.
- ☐ Set oven control to broil.
- ☐ Sprinkle nuts and marshmallows over melted chocolate. Broil with top 5 to 6 inches from heat 20 to 30 seconds or until marshmallows are toasted. (Watch closely; marshmallows will brown quickly.) Cool 30 to 45 minutes to serve warm or cool completely, about 2 hours. For bars, cut into 6 rows by 4 rows. Store tightly covered.

Nutrition Facts



Properties

Glycemic Index:7.05, Glycemic Load:10.17, Inflammation Score:-2, Nutrition Score:4.1004347366321%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg

Nutrients (% of daily need)

Calories: 270.88kcal (13.54%), Fat: 16.66g (25.63%), Saturated Fat: 8.08g (50.49%), Carbohydrates: 28.46g (9.49%), Net Carbohydrates: 26.43g (9.61%), Sugar: 16.49g (18.32%), Cholesterol: 19.68mg (6.56%), Sodium:

120.1mg (5.22%), Alcohol: 0.06g (100%), Alcohol %: 0.14% (100%), Caffeine: 12.9mg (4.3%), Protein: 2.5g (5%), Manganese: 0.29mg (14.65%), Copper: 0.22mg (10.97%), Magnesium: 36.76mg (9.19%), Fiber: 2.03g (8.13%), Iron: 1.32mg (7.32%), Vitamin B1: 0.09mg (6.24%), Phosphorus: 60.99mg (6.1%), Zinc: 0.63mg (4.22%), Folate: 16.56µg (4.14%), Potassium: 138.58mg (3.96%), Vitamin B2: 0.06mg (3.57%), Vitamin B3: 0.61mg (3.04%), Selenium: 2.05µg (2.94%), Vitamin A: 136.74IU (2.73%), Vitamin E: 0.25mg (1.64%), Vitamin K: 1.49µg (1.42%), Calcium: 13.11mg (1.31%)