



## Marshmallow Krispy Topped Brownies

READY IN



45 min.

SERVINGS



16

CALORIES



204 kcal

DESSERT

### Ingredients

- ☐ 0.3 teaspoon double-acting baking powder
- ☐ 0.5 cup try hazelnut spread
- ☐ 2 large eggs cold
- ☐ 2.3 ounces flour all-purpose
- ☐ 1 cup granulated sugar
- ☐ 2 cups marshmallows mini
- ☐ 1 cup rice krispies
- ☐ 0.3 teaspoon salt
- ☐ 0.7 cup semi chocolate chips dark

- ☐ 1.5 tablespoons butter unsalted
- ☐ 0.3 cup cocoa powder unsweetened (half Dutch, half natural)
- ☐ 0.8 teaspoon vanilla extract

## Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ aluminum foil
- ☐ spatula

## Directions

- ☐ Preheat oven to 350°F. Line an 8 inch square metal pan with nonstick foil. Melt the butter in a 3 quart nonstick saucepan. Stir in the sugar and the cocoa powder. Reduce heat to low and stir gently for about 30 seconds to warm the sugar. Turn off the heat and let the sugar mixture sit for 5 minutes. Stir in the salt and vanilla.
- ☐ Add the cold eggs, whisking or stirring just until mixed, then mix the flour and baking powder together in a little cup and stir them into the batter.
- ☐ Spread the batter in the pan and bake for 23 minutes. Quickly scatter marshmallows over the top and bake another 2 minutes to soften marshmallows. Tap them down a little with a spatula, then let cool on a wire rack. Prepare topping. In your 3 quart saucepan, melt the butter over medium heat. Reduce heat to low and add the chocolate chips, stirring until melted and smooth. Stir in the peanut butter.
- ☐ Add cereal and stir until cereal is coated. Drop spoonfuls of cereal mixture over marshmallow layer, spreading as evenly as possible. Things will look gooey at this point, so don't even think about cutting.
- ☐ Put the brownies in the refrigerator for a few hours to chill. Lift from pan, trim the edges, then cut into 4 big squares.
- ☐ Cut those squares into smaller square to make 16.

## Nutrition Facts



 **PROTEIN 7.64%**  **FAT 38.06%**  **CARBS 54.3%**

## Properties

Glycemic Index:19.47, Glycemic Load:14.26, Inflammation Score:-3, Nutrition Score:5.7943478382152%

## Flavonoids

Catechin: 1.16mg, Catechin: 1.16mg, Catechin: 1.16mg, Catechin: 1.16mg Epicatechin: 3.52mg, Epicatechin: 3.52mg, Epicatechin: 3.52mg, Epicatechin: 3.52mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

## Nutrients (% of daily need)

Calories: 204.07kcal (10.2%), Fat: 9.03g (13.89%), Saturated Fat: 3.5g (21.87%), Carbohydrates: 28.98g (9.66%), Net Carbohydrates: 27.21g (9.89%), Sugar: 19.94g (22.15%), Cholesterol: 26.52mg (8.84%), Sodium: 102.14mg (4.44%), Alcohol: 0.06g (100%), Alcohol %: 0.16% (100%), Caffeine: 10.57mg (3.52%), Protein: 4.07g (8.15%), Manganese: 0.34mg (17.01%), Copper: 0.22mg (10.82%), Iron: 1.72mg (9.56%), Magnesium: 38.08mg (9.52%), Vitamin E: 1.34mg (8.96%), Vitamin B3: 1.74mg (8.7%), Phosphorus: 81.14mg (8.11%), Selenium: 5.05µg (7.22%), Folate: 28.68µg (7.17%), Fiber: 1.77g (7.09%), Vitamin B2: 0.1mg (5.75%), Vitamin B1: 0.08mg (5.37%), Vitamin B6: 0.09mg (4.71%), Zinc: 0.66mg (4.43%), Potassium: 131.58mg (3.76%), Vitamin A: 186.71IU (3.73%), Vitamin B12: 0.2µg (3.3%), Vitamin B5: 0.24mg (2.39%), Calcium: 19.44mg (1.94%), Vitamin D: 0.25µg (1.69%), Vitamin C: 1.11mg (1.34%)