



Melted Marshmallow Brownies

READY IN



38 min.

SERVINGS



16

CALORIES



225 kcal

DESSERT

Ingredients

- ☐ 2 large eggs cold
- ☐ 0.5 cup flour all-purpose
- ☐ 0.5 cup granulated sugar
- ☐ 0.3 cup brown sugar light
- ☐ 1 cup marshmallows miniature
- ☐ 0.5 cup pecans toasted
- ☐ 0.3 teaspoon salt
- ☐ 1 cup semi chocolate chips dark
- ☐ 4 ounces butter unsalted

☐ 2 ounces chocolate unsweetened chopped

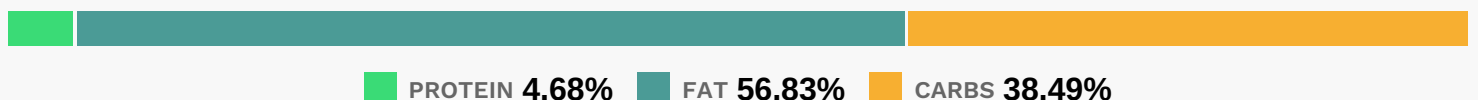
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ wire rack
- ☐ wooden spoon
- ☐ aluminum foil
- ☐ spatula
- ☐ skewers

Directions

- ☐ Preheat oven to 350 degrees F and line an 8 inch square metal pan with foil or parchment paper. Melt the butter in a large (3 quart) heavy saucepan set over medium heat. Reduce heat to low, add chocolate and stir until smooth. If you are using a metal saucepan and butter is very hot, you can remove the saucepan from the heat and then add the chocolate, letting it melt over residual heat.
- ☐ Remove from heat when melted. With a large rubber spatula or wooden spoon, stir both sugars and salt into the chocolate mixture. Stir in the eggs one at a time.
- ☐ Add the flour and stir until well mixed. Fold in the chocolate chips, marshmallows and pecans.
- ☐ Pour the batter into the prepared pan and spread it evenly.
- ☐ Bake for 28 to 30 minutes, or until a skewer inserted in the center comes out moist but clean.
- ☐ Let cool in the pan on a cooling rack for about 30 minutes, then transfer to the refrigerator and chill for a few hours. When brownies are very firm and cold, lift from the pan and cut into squares.

Nutrition Facts



Properties

Glycemic Index:13.47, Glycemic Load:8.07, Inflammation Score:-3, Nutrition Score:5.1621739828716%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg Catechin: 2.5mg, Catechin: 2.5mg, Catechin: 2.5mg, Catechin: 2.5mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 5.05mg, Epicatechin: 5.05mg, Epicatechin: 5.05mg, Epicatechin: 5.05mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg

Nutrients (% of daily need)

Calories: 225.3kcal (11.27%), Fat: 14.8g (22.77%), Saturated Fat: 7.66g (47.88%), Carbohydrates: 22.55g (7.52%), Net Carbohydrates: 20.66g (7.51%), Sugar: 15.69g (17.44%), Cholesterol: 39.16mg (13.05%), Sodium: 51.57mg (2.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 12.51mg (4.17%), Protein: 2.74g (5.48%), Manganese: 0.47mg (23.37%), Copper: 0.31mg (15.42%), Iron: 1.73mg (9.63%), Magnesium: 37.26mg (9.31%), Fiber: 1.89g (7.58%), Phosphorus: 70.68mg (7.07%), Selenium: 4.8µg (6.85%), Zinc: 0.9mg (5.98%), Vitamin A: 218.22IU (4.36%), Vitamin B1: 0.06mg (4.19%), Vitamin B2: 0.06mg (3.8%), Potassium: 125.25mg (3.58%), Folate: 12.04µg (3.01%), Vitamin E: 0.36mg (2.38%), Calcium: 21.54mg (2.15%), Vitamin B3: 0.42mg (2.11%), Vitamin B5: 0.19mg (1.92%), Vitamin K: 1.79µg (1.7%), Vitamin D: 0.23µg (1.54%), Vitamin B12: 0.09µg (1.47%), Vitamin B6: 0.03mg (1.27%)