



Mississippi Mud Brownies

READY IN



45 min.

SERVINGS



20

CALORIES



330 kcal

DESSERT

Ingredients

- 0.5 cup butter
- 4 cups confectioners' sugar
- 4 eggs
- 1.5 cups flour all-purpose
- 10.5 ounce marshmallows miniature
- 0.3 cup milk
- 0.5 cup pecans chopped
- 1 pinch salt
- 0.3 cup cocoa powder unsweetened

- 1 teaspoon vanilla extract
- 2 cups sugar white

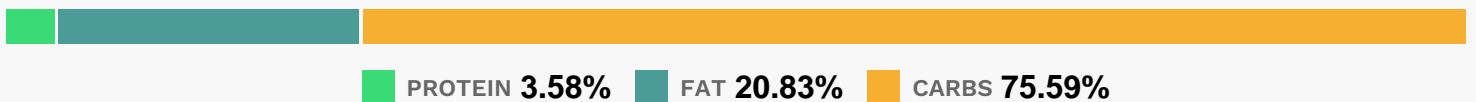
Equipment

- frying pan
- sauce pan
- oven

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease a 9x13 inch pan.
- In a large saucepan over medium heat, melt 1 cup of butter.
- Remove from heat and stir in cocoa until smooth.
- Mix in the white sugar, eggs and 2 teaspoons vanilla.
- Mix in the flour, then fold in pecans and marshmallows.
- Spread evenly into the prepared pan.
- Bake for 25 to 30 minutes in the preheated oven, until brownies start to pull away from the sides of the pan.
- Let cool in pan.
- To make the frosting: In a medium saucepan, melt together 1/2 cup of butter and 1/3 cup of cocoa.
- Mix in confectioners' sugar and 1 teaspoon vanilla until smooth. Gradually beat in the milk, a tablespoon at a time until icing is a nice spreading consistency.

Nutrition Facts



Properties

Glycemic Index:15.18, Glycemic Load:26.54, Inflammation Score:-2, Nutrition Score:3.842173933011%

Flavonoids

Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg Catechin: 1.13mg, Catechin: 1.13mg, Catechin: 1.13mg, Catechin: 1.13mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 2.84mg, Epicatechin: 2.84mg, Epicatechin: 2.84mg, Epicatechin: 2.84mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 330.2kcal (16.51%), Fat: 7.91g (12.17%), Saturated Fat: 3.58g (22.34%), Carbohydrates: 64.62g (21.54%), Net Carbohydrates: 63.56g (23.11%), Sugar: 52.42g (58.24%), Cholesterol: 45.43mg (15.14%), Sodium: 65.56mg (2.85%), Alcohol: 0.07g (100%), Alcohol %: 0.1% (100%), Caffeine: 3.3mg (1.1%), Protein: 3.06g (6.12%), Manganese: 0.25mg (12.38%), Selenium: 6.84µg (9.77%), Vitamin B1: 0.1mg (6.6%), Vitamin B2: 0.11mg (6.46%), Copper: 0.12mg (6.23%), Folate: 22.67µg (5.67%), Phosphorus: 52.29mg (5.23%), Iron: 0.92mg (5.1%), Fiber: 1.06g (4.24%), Vitamin A: 197.45IU (3.95%), Magnesium: 14.49mg (3.62%), Vitamin B3: 0.64mg (3.21%), Zinc: 0.43mg (2.88%), Vitamin B5: 0.23mg (2.25%), Potassium: 64.52mg (1.84%), Vitamin B12: 0.11µg (1.83%), Vitamin E: 0.27mg (1.81%), Calcium: 17.35mg (1.74%), Vitamin B6: 0.03mg (1.48%), Vitamin D: 0.22µg (1.47%)