



Mississippi Mud Brownies

 Dairy Free

READY IN



30 min.

SERVINGS



60

CALORIES



88 kcal

DESSERT

Ingredients

- ☐ 20.5 ounce fudge brownie mix low-fat
- ☐ 16 ounce fluffy frosting reduced-fat chocolate-flavored canned
- ☐ 2 cups marshmallows miniature
- ☐ 0.5 cup semisweet chocolate morsels reduced-fat
- ☐ 1 teaspoon vanilla extract
- ☐ 0.7 cup water

Equipment

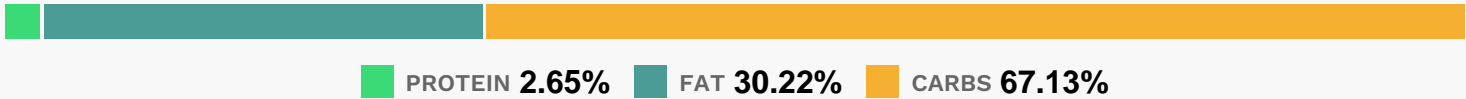
- ☐ frying pan

- ☐ oven
- ☐ wire rack

Directions

- ☐ Combine brownie mix, 2/3 cup water, and vanilla; stir well. Fold in chocolate morsels.
- ☐ Spread batter in a 13- x 9- x 2-inch pan coated with cooking spray.
- ☐ Bake at 350 for 23 minutes.
- ☐ Sprinkle marshmallows over hot brownies; return pan to oven, and bake 2 additional minutes.
- ☐ Let cool completely (about 20 minutes) in pan on a wire rack.
- ☐ Spread frosting over brownies; let stand at least 30 minutes.
- ☐ Cut into 24 squares.

Nutrition Facts



Properties

Glycemic Index:1.73, Glycemic Load:3.03, Inflammation Score:0, Nutrition Score:0.46652173979775%

Nutrients (% of daily need)

Calories: 88.49kcal (4.42%), Fat: 2.97g (4.58%), Saturated Fat: 0.81g (5.05%), Carbohydrates: 14.87g (4.96%), Net Carbohydrates: 14.75g (5.36%), Sugar: 11.09g (12.33%), Cholesterol: 0.09mg (0.03%), Sodium: 43.81mg (1.9%), Alcohol: 0.02g (100%), Alcohol %: 0.13% (100%), Protein: 0.59g (1.17%), Iron: 0.38mg (2.13%), Vitamin B2: 0.02mg (1.39%), Vitamin K: 1.09µg (1.04%), Copper: 0.02mg (1.04%), Manganese: 0.02mg (1.01%)