



Mississippi Mud Brownies

READY IN



116 min.

SERVINGS



100

CALORIES



57 kcal

DESSERT

Ingredients

- ☐ 4 oz chocolate baking bar unsweetened chopped
- ☐ 0.8 cup butter
- ☐ 4 large eggs
- ☐ 1 cup flour all-purpose
- ☐ 3 cups marshmallows miniature
- ☐ 1.5 cups pecans coarsely chopped
- ☐ 2 cups sugar

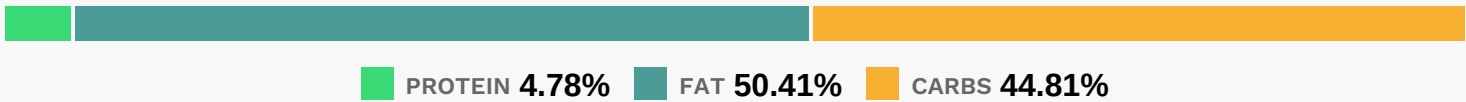
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ microwave

Directions

- ☐ Preheat oven to 350
- ☐ Bake pecans in a single layer in a shallow pan 6 to 8 minutes or until lightly toasted and fragrant.
- ☐ Microwave chocolate and butter in a large microwave-safe bowl at HIGH 1 to 1 1/2 minutes or until melted and smooth, stirring at 30-second intervals.
- ☐ Whisk in sugar and eggs until well blended. Stir in flour.
- ☐ Spread batter into a greased 13- x 9-inch pan.
- ☐ Bake at 350 for 25 to 30 minutes or until a wooden pick inserted in center comes out with a few moist crumbs.
- ☐ Sprinkle warm brownies with toasted pecans and marshmallows.
- ☐ Prepare Chocolate Frosting.
- ☐ Pour over pecans and marshmallows; spread to edges.
- ☐ Let cool 1 hour on a wire rack.
- ☐ Cut into squares.

Nutrition Facts



Properties

Glycemic Index:2.66, Glycemic Load:4.23, Inflammation Score:-1, Nutrition Score:1.2204347882906%

Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg Catechin: 0.85mg, Catechin: 0.85mg, Catechin: 0.85mg, Catechin: 0.85mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 1.62mg, Epicatechin: 1.62mg, Epicatechin: 1.62mg, Epicatechin: 1.62mg Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg

Nutrients (% of daily need)

Calories: 56.77kcal (2.84%), Fat: 3.37g (5.18%), Saturated Fat: 1.41g (8.8%), Carbohydrates: 6.74g (2.25%), Net Carbohydrates: 6.36g (2.31%), Sugar: 4.94g (5.49%), Cholesterol: 11.1mg (3.7%), Sodium: 15.32mg (0.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.72g (1.44%), Manganese: 0.13mg (6.51%), Copper: 0.06mg (3.06%), Iron: 0.34mg (1.87%), Selenium: 1.26µg (1.8%), Magnesium: 6.27mg (1.57%), Vitamin B1: 0.02mg (1.54%), Fiber: 0.38g (1.52%), Phosphorus: 14.9mg (1.49%), Zinc: 0.22mg (1.47%), Vitamin B2: 0.02mg (1.17%), Vitamin A: 54.26IU (1.09%)