



Moon Rocks

READY IN



40 min.

SERVINGS



24

CALORIES



189 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 teaspoons baking soda
- ☐ 0.5 cup butter softened
- ☐ 3 eggs
- ☐ 2 cups flour all-purpose
- ☐ 1.5 cups brown sugar light packed
- ☐ 2 cups marshmallows miniature
- ☐ 0.5 teaspoon salt
- ☐ 1 cup semi chocolate chips
- ☐ 1 teaspoon vanilla extract

☐ 1 cup water

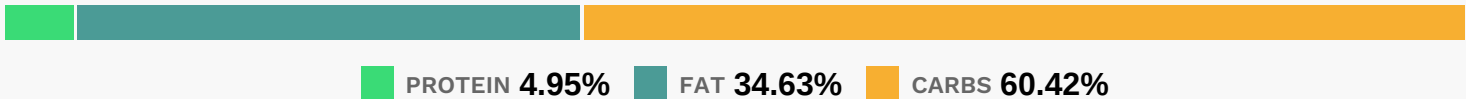
Equipment

- ☐ oven
- ☐ mixing bowl
- ☐ wire rack
- ☐ double boiler

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Melt chocolate in the top of a double boiler.
- ☐ Let cool.
- ☐ In a mixing bowl, combine flour, baking soda and salt. In a separate bowl, cream butter and sugar together. Blend eggs into the butter mixture one at a time. Stir the vanilla, flour mixture, water and chocolate into the butter and eggs; beat well. Stir in marshmallows. Fill paper-lined cupcake pans half full.
- ☐ Bake in a preheated 350 degrees F (175 degrees C) oven for 20 minutes. Cool on a wire rack before serving.

Nutrition Facts



Properties

Glycemic Index:7.73, Glycemic Load:7.8, Inflammation Score:-2, Nutrition Score:3.4582608523576%

Nutrients (% of daily need)

Calories: 189.09kcal (9.45%), Fat: 7.34g (11.3%), Saturated Fat: 4.27g (26.71%), Carbohydrates: 28.82g (9.61%), Net Carbohydrates: 27.93g (10.16%), Sugar: 18.56g (20.63%), Cholesterol: 31.08mg (10.36%), Sodium: 163.72mg (7.12%), Alcohol: 0.06g (100%), Alcohol %: 0.13% (100%), Caffeine: 6.45mg (2.15%), Protein: 2.36g (4.72%), Manganese: 0.18mg (9.08%), Selenium: 6.13µg (8.76%), Iron: 1.16mg (6.46%), Copper: 0.12mg (6.24%), Vitamin B1: 0.09mg (5.78%), Folate: 21.97µg (5.49%), Vitamin B2: 0.08mg (4.83%), Magnesium: 17.69mg (4.42%), Phosphorus: 43.67mg (4.37%), Fiber: 0.89g (3.54%), Vitamin B3: 0.7mg (3.52%), Vitamin A: 151.63IU (3.03%), Zinc: 0.35mg (2.36%), Potassium: 81.15mg (2.32%), Calcium: 22.31mg (2.23%), Vitamin B5: 0.18mg (1.76%), Vitamin E: 0.22mg (1.45%),

Vitamin B12: 0.07µg (1.17%), Vitamin B6: 0.02mg (1.12%)