



HEALTH SCORE

81%

Peanut Butter Mississippi Mud Brownies



Very Healthy

READY IN



135 min.

SERVINGS



1

CALORIES



8949 kcal

DESSERT

Ingredients

- ☐ 4 oz baker's chocolate unsweetened
- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 cup brown sugar light packed
- ☐ 1.3 cups butter divided softened
- ☐ 0.5 cup creamy peanut butter
- ☐ 2 large eggs
- ☐ 4 large eggs
- ☐ 2 cups flour all-purpose divided

- ☐ 2.5 cups granulated sugar divided
- ☐ 3 cups marshmallows miniature
- ☐ 1.5 cups roasted peanuts salted
- ☐ 1 teaspoon vanilla extract

Equipment

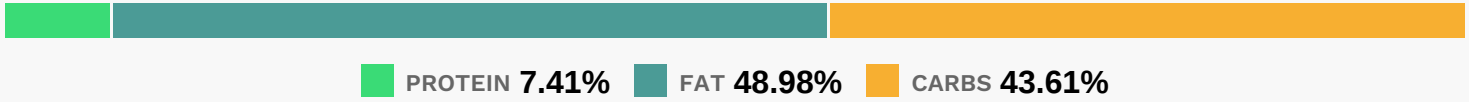
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ hand mixer
- ☐ microwave

Directions

- ☐ Preheat oven to 350°F.
- ☐ Microwave chocolate in a microwave-safe bowl at MEDIUM (50% power) 1 1/2 minutes or until melted and smooth, stirring at 30-second intervals.
- ☐ Beat 1 cup butter and 2 cups granulated sugar at medium speed with an electric mixer until light and fluffy.
- ☐ Add 4 eggs, 1 at a time, beating just until blended after each addition.
- ☐ Add melted chocolate, beating just until blended.
- ☐ Add 1 cup flour, beating at low speed just until blended. Stir in vanilla.
- ☐ Spread half of batter in a greased and floured 13- x 9-inch pan.
- ☐ Beat peanut butter, brown sugar, and remaining 1/3 cup butter and 1/2 cup granulated sugar at medium speed with an electric mixer until light and fluffy.
- ☐ Add 2 eggs, 1 at a time, beating just until blended after each addition. Stir together baking powder and remaining 1 cup flour, and add to peanut butter mixture, beating at low speed just until blended.
- ☐ Spoon peanut butter mixture over brownie batter; top with remaining brownie batter, and swirl together.

- ☐
- Bake at 350 for 45 to 55 minutes or until a wooden pick inserted in center comes out with a few moist crumbs.
- ☐
- Remove from oven to a wire rack; sprinkle with marshmallows and peanuts.
- ☐
- Prepare Chocolate Frosting, and drizzle over brownies. Cool completely.

Nutrition Facts



Properties

Glycemic Index:361.59, Glycemic Load:565.02, Inflammation Score:-10, Nutrition Score:83.385217583698%

Flavonoids

Catechin: 72.95mg, Catechin: 72.95mg, Catechin: 72.95mg, Catechin: 72.95mg Epicatechin: 160.83mg, Epicatechin: 160.83mg, Epicatechin: 160.83mg, Epicatechin: 160.83mg

Nutrients (% of daily need)

Calories: 8949.02kcal (447.45%), Fat: 510.98g (786.12%), Saturated Fat: 231.69g (1448.08%), Carbohydrates: 1023.41g (341.14%), Net Carbohydrates: 972g (353.45%), Sugar: 709.15g (787.94%), Cholesterol: 1766.73mg (588.91%), Sodium: 4486.2mg (195.05%), Alcohol: 1.38g (100%), Alcohol %: 0.08% (100%), Caffeine: 90.72mg (30.24%), Protein: 174.03g (348.05%), Manganese: 13.67mg (683.75%), Vitamin B3: 66.76mg (333.82%), Copper: 6.47mg (323.35%), Selenium: 217.65µg (310.93%), Phosphorus: 2779.35mg (277.94%), Magnesium: 1068.26mg (267.06%), Folate: 1028.81µg (257.2%), Iron: 45.69mg (253.82%), Vitamin B1: 3.14mg (209.23%), Fiber: 51.42g (205.66%), Vitamin B2: 3.36mg (197.36%), Vitamin A: 9183.64IU (183.67%), Zinc: 24.62mg (164.11%), Vitamin E: 22.53mg (150.18%), Potassium: 4292.86mg (122.65%), Vitamin B5: 10.79mg (107.87%), Calcium: 1011.16mg (101.12%), Vitamin B6: 1.84mg (92.19%), Vitamin B12: 3.18µg (53.08%), Vitamin D: 6µg (40%), Vitamin K: 34.22µg (32.59%)