



 **100%**
HEALTH SCORE

Pumpkin Patch Rocky Road Brownies

 Very Healthy

READY IN



145 min.

SERVINGS



24

CALORIES



585 kcal

DESSERT

Ingredients

- 1 box brownie mix
- 1 serving vegetable oil for on brownie mix box
- 1 cup peanuts
- 3 cups marshmallows miniature
- 0.5 cup milk chocolate chips
- 12 oz vanilla frosting
- 8 drops drop natural food coloring green
- 24 small pumpkin pumpkin-shaped

Equipment

- bowl
- frying pan
- oven
- toothpicks
- microwave

Directions

- Heat oven to 350°F. Spray or grease bottom only of 13x9-inch pan. Make brownie batter as directed on box--except stir in peanuts.
- Spread in pan.
- Bake 24 to 26 minutes or until toothpick inserted 2 inches from side of pan comes out almost clean. Immediately sprinkle warm brownies with marshmallows and chocolate chips.
- Bake about 3 minutes longer or until marshmallows are puffed. Cool 30 minutes.
- In small microwavable bowl, microwave frosting uncovered on High 15 seconds; stir in food color.
- Drizzle over bars. Cool completely, about 1 hour.
- Cut into 6 rows by 4 rows. Top each bar with 1 candy.

Nutrition Facts



PROTEIN 9.95% **FAT 14.97%** **CARBS 75.08%**

Properties

Glycemic Index:7.91, Glycemic Load:66.02, Inflammation Score:-10, Nutrition Score:51.831304176994%

Flavonoids

Luteolin: 22.17mg, Luteolin: 22.17mg, Luteolin: 22.17mg, Luteolin: 22.17mg

Nutrients (% of daily need)

Calories: 585.02kcal (29.25%), Fat: 10.91g (16.79%), Saturated Fat: 2.91g (18.18%), Carbohydrates: 123.12g (41.04%), Net Carbohydrates: 115.73g (42.09%), Sugar: 62.76g (69.74%), Cholesterol: 0mg (0%), Sodium: 108.07mg (4.7%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.32g (32.65%), Vitamin A: 115776.8IU (2315.54%), Vitamin C: 122.4mg (148.36%), Potassium: 4685.11mg (133.86%), Vitamin E: 14.68mg (97.87%), Manganese: 1.86mg (93.06%), Vitamin B2: 1.55mg (91%), Copper: 1.79mg (89.4%), Iron: 11.75mg (65.29%), Phosphorus: 625.05mg (62.51%), Folate: 233.4µg (58.35%), Vitamin B1: 0.72mg (48.17%), Vitamin B3: 9.16mg (45.82%), Magnesium: 174.9mg (43.73%), Vitamin B6: 0.85mg (42.55%), Vitamin B5: 4.17mg (41.69%), Zinc: 4.49mg (29.96%), Fiber: 7.38g (29.54%), Calcium: 295.34mg (29.53%), Vitamin K: 17.88µg (17.02%), Selenium: 4.64µg (6.63%)