



## Rocky Mountain Bars

READY IN



47 min.

SERVINGS



24

CALORIES



196 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 1 cup all purpose flour
- ☐ 1 tsp double-acting baking powder
- ☐ 4 tablespoons butter
- ☐ 2 oz cream cheese softened
- ☐ 6 oz chocolate chips dark ()
- ☐ 1 large eggs
- ☐ 2 large eggs
- ☐ 2 tablespoons flour
- ☐ 0.5 cup granulated sugar

- ☐ 2 cups marshmallows mini
- ☐ 0.3 cup nuts toasted chopped
- ☐ 3 cups powdered sugar
- ☐ 1 oz chocolate unsweetened
- ☐ 1 tsp vanilla
- ☐ 0.3 cup milk whole

## Equipment

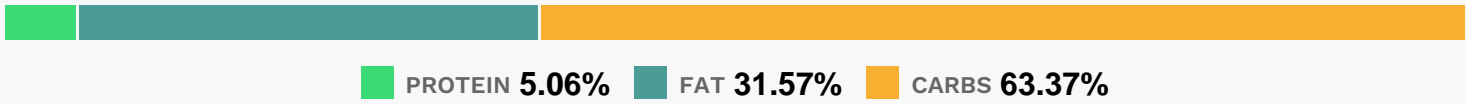
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ mixing bowl
- ☐ aluminum foil
- ☐ microwave
- ☐ cutting board

## Directions

- ☐ Preheat oven to 350 degrees F. Line a 13×9 inch metal pan with foil and spray with cooking spray or
- ☐ Baker's Joy. Melt butter and chocolate together in the microwave and set aside to cool slightly. Meanwhile, in a mixing bowl, beat eggs, sugar and vanilla until light and fluffy.
- ☐ Add melted chocolate mixture to eggs and beat well.
- ☐ Mix together flour and baking powder and stir (do not overbeat) into the batter along with the nuts.
- ☐ Spread in prepared pan and set aside. In another bowl, beat together cream cheese, butter, and sugar until fluffy.
- ☐ Add the egg, vanilla and flour and stir just until mixed. Stir in nuts and spread batter in the pan covering the chocolate mixture.
- ☐ Sprinkle with chocolate chips.

- ☐ Bake at 350 F for 30 minutes.
- ☐ Remove from the oven and sprinkle with marshmallows. Return to oven for 2 minutes to puff marshmallows.Frosting: Melt the butter and chocolate in a microwave–safe bowl and let cool. In a mixing bowl, beat melted chocolate mixture, cream cheese, milk, vanilla and powdered sugar until smooth.
- ☐ Spread over marshmallow layer. When I did this, I couldn't cover the entire layer of marshmallows and ended up leaving about 1/2 to 1 inch edges. Cool completely in the pan, then transfer to the refrigerator and chill for a good 4 hours or so.When ready to cut, lift from pan and set on a big cutting board. With a chef's knife, trim the edges where the chocolate frosting did not reach. Now score the cake in half, then score each half into 12 bars so that you get 24 bars total.

## Nutrition Facts



## Properties

Glycemic Index:20.73, Glycemic Load:8.31, Inflammation Score:-1, Nutrition Score:3.0717391085042%

## Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg Catechin: 0.83mg, Catechin: 0.83mg, Catechin: 0.83mg, Catechin: 0.83mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 1.68mg, Epicatechin: 1.68mg, Epicatechin: 1.68mg, Epicatechin: 1.68mg Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg

## Nutrients (% of daily need)

Calories: 196.26kcal (9.81%), Fat: 7.05g (10.84%), Saturated Fat: 4.43g (27.7%), Carbohydrates: 31.82g (10.61%), Net Carbohydrates: 31.09g (11.31%), Sugar: 23.97g (26.63%), Cholesterol: 31.03mg (10.34%), Sodium: 64.25mg (2.79%), Alcohol: 0.06g (100%), Alcohol %: 0.15% (100%), Protein: 2.54g (5.08%), Manganese: 0.15mg (7.45%), Selenium: 4.86µg (6.94%), Vitamin B2: 0.09mg (5.06%), Phosphorus: 45.38mg (4.54%), Calcium: 45.34mg (4.53%), Vitamin B1: 0.07mg (4.4%), Iron: 0.75mg (4.16%), Copper: 0.08mg (4.12%), Folate: 15.98µg (4%), Zinc: 0.56mg (3.73%), Fiber: 0.73g (2.91%), Magnesium: 10.42mg (2.6%), Vitamin A: 129.19IU (2.58%), Potassium: 82.14mg (2.35%), Vitamin B3: 0.46mg (2.3%), Vitamin B5: 0.21mg (2.11%), Vitamin E: 0.28mg (1.84%), Vitamin B12: 0.1µg (1.64%), Vitamin B6: 0.03mg (1.4%), Vitamin D: 0.15µg (1.02%)