



Rocky Road



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



12

CALORIES



355 kcal

SIDE DISH

Ingredients

- ☐ 4 cups marshmallows miniature
- ☐ 1 cup peanut butter
- ☐ 2 cups semi chocolate chips

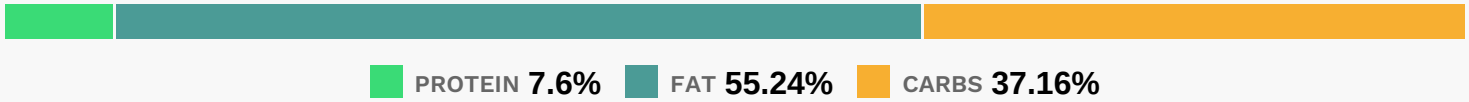
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Grease a 9 x 9 inch pan.
- ☐ Heat chocolate chips and peanut butter over low heat in a medium saucepan until chips are completely melted.
- ☐ Remove from heat. Stir in marshmallows.
- ☐ Pour into prepared pan. Cool. Can be put into refrigerator to cool.
- ☐ Cut and Enjoy!

Nutrition Facts



Properties

Glycemic Index:6.21, Glycemic Load:8.71, Inflammation Score:-4, Nutrition Score:8.7717392626016%

Nutrients (% of daily need)

Calories: 355.05kcal (17.75%), Fat: 22.51g (34.64%), Saturated Fat: 8.79g (54.94%), Carbohydrates: 34.07g (11.36%), Net Carbohydrates: 30.62g (11.14%), Sugar: 22.87g (25.41%), Cholesterol: 1.8mg (0.6%), Sodium: 108.57mg (4.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 25.8mg (8.6%), Protein: 6.97g (13.95%), Manganese: 0.71mg (35.7%), Copper: 0.48mg (24.04%), Magnesium: 89.47mg (22.37%), Vitamin B3: 3.12mg (15.62%), Phosphorus: 152.22mg (15.22%), Vitamin E: 2.14mg (14.24%), Fiber: 3.45g (13.79%), Iron: 2.31mg (12.81%), Zinc: 1.35mg (8.99%), Potassium: 292.19mg (8.35%), Vitamin B6: 0.11mg (5.31%), Selenium: 3.68µg (5.26%), Folate: 18.66µg (4.66%), Vitamin B2: 0.06mg (3.29%), Vitamin B5: 0.32mg (3.19%), Calcium: 29.64mg (2.96%), Vitamin B1: 0.04mg (2.63%), Vitamin K: 2.22µg (2.12%)