



Rocky Road Bars

 Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



30

CALORIES



118 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup semi chocolate chips
- 2 tablespoon butter
- 2 cups baking mix
- 1 cup sugar
- 0.5 teaspoon vanilla
- 2 eggs
- 1 cup marshmallows miniature
- 0.3 cup nuts chopped

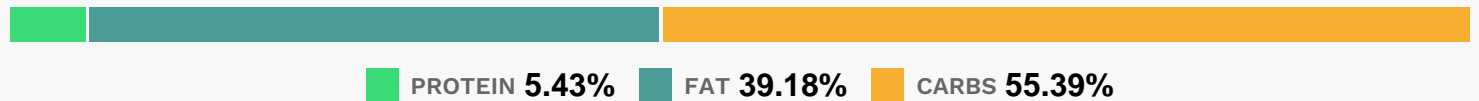
Equipment

- frying pan
- sauce pan
- oven

Directions

- Heat oven to 350°. Grease bottom only of rectangular pan, 13x9x2 inches.
- Heat 1/2
- cup of the chocolate chips and the butter in heavy 1-quart saucepan over low
- heat, stirring occasionally, until melted.
- Mix baking mix, sugar, vanilla, eggs and chocolate mixture; spread in pan.
- Bake 15
- minutes.
- Sprinkle with marshmallows, nuts and remaining 1/2 cup chocolate chips.
- Bake 10
- to 15 minutes or until marshmallows are light brown. Cool completely.
- Cut into
- about 2-inch squares.

Nutrition Facts



Properties

Glycemic Index:5.34, Glycemic Load:5.53, Inflammation Score:-1, Nutrition Score:2.4995652375662%

Nutrients (% of daily need)

Calories: 118.17kcal (5.91%), Fat: 5.2g (8%), Saturated Fat: 1.97g (12.32%), Carbohydrates: 16.55g (5.52%), Net Carbohydrates: 15.79g (5.74%), Sugar: 10.77g (11.96%), Cholesterol: 11.43mg (3.81%), Sodium: 117.2mg (5.1%), Alcohol: 0.02g (100%), Alcohol %: 0.11% (100%), Caffeine: 5.16mg (1.72%), Protein: 1.62g (3.25%), Phosphorus: 73.78mg (7.38%), Manganese: 0.13mg (6.57%), Copper: 0.11mg (5.34%), Magnesium: 15.68mg (3.92%), Iron: 0.7mg (3.91%),

Vitamin B1: 0.05mg (3.44%), Vitamin B2: 0.06mg (3.26%), Fiber: 0.76g (3.03%), Folate: 12µg (3%), Selenium: 2.07µg (2.96%), Vitamin B3: 0.47mg (2.37%), Calcium: 20.93mg (2.09%), Zinc: 0.29mg (1.95%), Potassium: 58.98mg (1.69%), Vitamin B5: 0.15mg (1.49%), Vitamin B12: 0.07µg (1.15%), Vitamin A: 52.73IU (1.05%)