



Rocky Road Bars

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



433 kcal

SIDE DISH

Ingredients

- 22.5 oz brownie mix with chocolate syrup pouch
- 0.5 cup dry-roasted peanuts chopped
- 2 eggs beaten
- 1.5 cups marshmallows mini
- 0.3 cup oil
- 12 oz semi-sweet chocolate chips divided
- 0.3 cup water

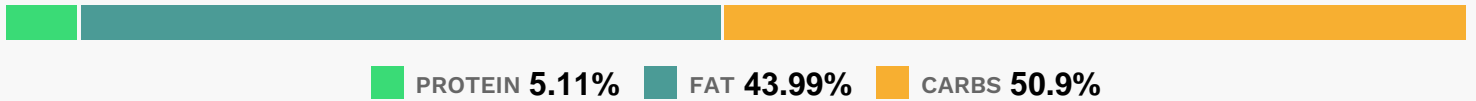
Equipment

- frying pan
- baking sheet
- oven
- baking pan
- toothpicks

Directions

- Grease bottom only of a 13"x9" baking pan; set aside.
- Combine brownie mix, syrup pouch, oil, water and eggs; stir until well blended.
- Mix in one cup chocolate chips; spread in baking pan.
- Bake at 350 degrees for 30 to 35 minutes or until a toothpick inserted 2 inches from side of pan comes out clean. Immediately sprinkle with marshmallows, remaining one cup chocolate chips and peanuts. Cover pan with a baking sheet for 2 to 3 minutes; remove and cool completely.
- Cut into 4"x2" bars; store tightly covered.

Nutrition Facts



Properties

Glycemic Index:5.04, Glycemic Load:3.07, Inflammation Score:-4, Nutrition Score:9.506956556569%

Nutrients (% of daily need)

Calories: 433.04kcal (21.65%), Fat: 21.38g (32.89%), Saturated Fat: 7.67g (47.95%), Carbohydrates: 55.66g (18.55%), Net Carbohydrates: 51.46g (18.71%), Sugar: 40.43g (44.92%), Cholesterol: 28.98mg (9.66%), Sodium: 83.11mg (3.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 27.57mg (9.19%), Protein: 5.59g (11.18%), Manganese: 0.72mg (36.23%), Copper: 0.68mg (33.91%), Magnesium: 95.72mg (23.93%), Phosphorus: 180.84mg (18.08%), Iron: 3.19mg (17.75%), Fiber: 4.2g (16.79%), Potassium: 337.45mg (9.64%), Zinc: 1.36mg (9.06%), Vitamin E: 1.34mg (8.96%), Selenium: 5.94µg (8.48%), Vitamin B3: 1.33mg (6.64%), Vitamin K: 6.77µg (6.44%), Vitamin B2: 0.08mg (4.66%), Calcium: 35.54mg (3.55%), Folate: 12.24µg (3.06%), Vitamin B5: 0.29mg (2.89%), Vitamin B1: 0.04mg (2.41%), Vitamin B6: 0.04mg (2.05%), Vitamin B12: 0.12µg (1.94%), Vitamin A: 53.77IU (1.08%)