



Rocky Road Brownie Sticks

READY IN



270 min.

SERVINGS



18

CALORIES



294 kcal

DESSERT

Ingredients

- 5 oz baker's chocolate unsweetened chopped
- 4 oz baker's chocolate chopped
- 0.5 cup butter
- 1.5 cups sugar
- 4 eggs
- 1 teaspoon vanilla
- 0.5 cup flour all-purpose
- 0.3 teaspoon salt
- 2 cups marshmallows miniature

- 1 cup roasted peanuts
- 18 celery stalks (with round ends) or paper lollipop sticks
- 2 oz candy coating disks (chopped (almond bark))
- 0.3 cup pretzel twists (crushed (15 pretzels))

Equipment

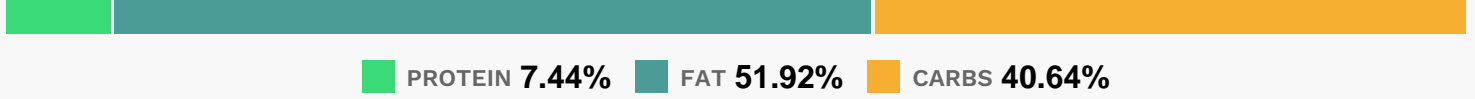
- bowl
- frying pan
- sauce pan
- oven
- wire rack
- hand mixer
- toothpicks
- aluminum foil
- ziploc bags

Directions

- Heat oven to 350°F. Line 13x9-inch pan with foil, extending foil over 2 opposite sides of pan; spray with cooking spray. In 2-quart heavy saucepan, melt chocolates and butter over low heat, stirring constantly.
- Remove from heat; cool. In large bowl, beat sugar, eggs and vanilla with electric mixer on medium speed until thick and pale, about 5 minutes. On low speed, beat in flour, salt and melted chocolate until blended. Stir in marshmallows and peanuts.
- Pour into pan.
- Bake 35 to 40 minutes or until toothpick inserted in center comes out clean. Cool in pan on cooling rack, about 1 hour. Cover; refrigerate at least 2 hours. Use foil to lift out of pan.
- Cut into 6 rows by 3 rows. Insert stick into one end of each brownie. In small microwavable bowl, melt candy coating on High 30 to 45 seconds or until melted, stirring until smooth. Spoon into small resealable food-storage plastic bag; seal bag.
- Cut off tiny corner of bag.

- Drizzle over brownies.
- Sprinkle with pretzels.
- Let stand 30 minutes.

Nutrition Facts



Properties

Glycemic Index:20.59, Glycemic Load:16.8, Inflammation Score:-5, Nutrition Score:8.6604349217985%

Flavonoids

Catechin: 9.12mg, Catechin: 9.12mg, Catechin: 9.12mg, Catechin: 9.12mg Epicatechin: 20.1mg, Epicatechin: 20.1mg, Epicatechin: 20.1mg, Epicatechin: 20.1mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 293.85kcal (14.69%), Fat: 18.46g (28.41%), Saturated Fat: 9.66g (60.37%), Carbohydrates: 32.52g (10.84%), Net Carbohydrates: 29.25g (10.64%), Sugar: 22.36g (24.85%), Cholesterol: 49.93mg (16.64%), Sodium: 143.82mg (6.25%), Alcohol: 0.08g (100%), Alcohol %: 0.13% (100%), Caffeine: 11.34mg (3.78%), Protein: 5.95g (11.9%), Manganese: 0.82mg (41.06%), Copper: 0.53mg (26.66%), Iron: 3.05mg (16.95%), Magnesium: 62.85mg (15.71%), Fiber: 3.27g (13.06%), Phosphorus: 115.14mg (11.51%), Zinc: 1.7mg (11.34%), Selenium: 6.24µg (8.92%), Vitamin B3: 1.68mg (8.39%), Folate: 28.25µg (7.06%), Potassium: 212.42mg (6.07%), Vitamin B2: 0.09mg (5.49%), Vitamin B1: 0.08mg (5.49%), Vitamin A: 228.34IU (4.57%), Vitamin B5: 0.32mg (3.22%), Calcium: 32.13mg (3.21%), Vitamin K: 3.05µg (2.9%), Vitamin B6: 0.05mg (2.33%), Vitamin E: 0.32mg (2.15%), Vitamin B12: 0.1µg (1.63%), Vitamin D: 0.2µg (1.3%)