



Rocky Road Brownies

READY IN



50 min.

SERVINGS



50

CALORIES



73 kcal

DESSERT

Ingredients

- 18 oz brownie mix (13x9-inch pan size)
- 2 cups marshmallows jet-puffed miniature
- 0.3 cup milk
- 4 oz baker's semi-sweet chocolate chopped
- 0.5 cup planters walnuts chopped

Equipment

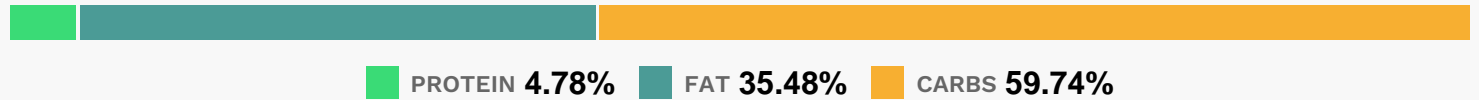
- frying pan
- sauce pan

- oven
- aluminum foil

Directions

- Line 13x9-inch pan with foil, with ends of foil extending over sides; spray with cooking spray. Prepare brownie batter and bake in prepared pan as directed on package for cake-like brownies.
- Sprinkle hot brownie with marshmallows.
- Cook semi-sweet chocolate and milk in saucepan on low heat until chocolate is completely melted and mixture is well blended, stirring frequently; drizzle over marshmallows.
- Sprinkle with nuts. Cool completely.

Nutrition Facts



Properties

Glycemic Index:2.37, Glycemic Load:1.02, Inflammation Score:-1, Nutrition Score:0.72608695260209%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg

Nutrients (% of daily need)

Calories: 72.88kcal (3.64%), Fat: 2.91g (4.48%), Saturated Fat: 0.86g (5.38%), Carbohydrates: 11.02g (3.67%), Net Carbohydrates: 10.76g (3.91%), Sugar: 7.14g (7.93%), Cholesterol: 0.28mg (0.09%), Sodium: 32.11mg (1.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.88g (1.77%), Manganese: 0.07mg (3.51%), Iron: 0.47mg (2.6%), Copper: 0.05mg (2.44%), Magnesium: 6.03mg (1.51%), Phosphorus: 11.34mg (1.13%), Fiber: 0.26g (1.05%)