



Rocky Road Brownies

 Dairy Free

READY IN



160 min.

SERVINGS



16

CALORIES



228 kcal

DESSERT

Ingredients

- 16 oz brownie mix
- 1 serving vegetable oil for on brownie mix box
- 1 cup semi chocolate chips
- 1.3 cups marshmallows miniature
- 0.3 cup peanuts chopped

Equipment

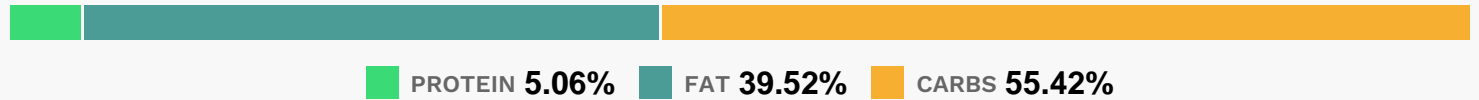
- frying pan
- baking sheet

- oven
- knife
- wire rack

Directions

- Heat oven to 350°F (325°F for dark or nonstick pan). Grease bottom only of 8- or 9-inch square pan with shortening or cooking spray. Make brownie batter as directed on box. Stir in 2/3 cup of the chocolate chips.
- Spread in pan.
- Bake brownies as directed on box. Immediately after removing from oven, sprinkle with miniature marshmallows, remaining 1/3 cup chocolate chips and the peanuts. (For softer marshmallows, cover pan with cookie sheet about 2 minutes.) Cool completely on cooling rack, about 2 hours.
- Cut into 4 rows by 4 rows with knife dipped in hot water. Store tightly covered

Nutrition Facts



Properties

Glycemic Index:4.67, Glycemic Load:2.07, Inflammation Score:-1, Nutrition Score:2.7991304326317%

Nutrients (% of daily need)

Calories: 228.48kcal (11.42%), Fat: 10.13g (15.59%), Saturated Fat: 3.59g (22.41%), Carbohydrates: 31.96g (10.65%), Net Carbohydrates: 30.77g (11.19%), Sugar: 20.59g (22.88%), Cholesterol: 0.68mg (0.22%), Sodium: 87.91mg (3.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 9.68mg (3.22%), Protein: 2.92g (5.84%), Manganese: 0.23mg (11.48%), Iron: 1.64mg (9.09%), Copper: 0.17mg (8.59%), Magnesium: 25.6mg (6.4%), Fiber: 1.19g (4.77%), Phosphorus: 41.38mg (4.14%), Vitamin B3: 0.58mg (2.91%), Potassium: 86.63mg (2.48%), Zinc: 0.36mg (2.43%), Vitamin K: 2.42µg (2.3%), Folate: 7.34µg (1.84%), Selenium: 1.23µg (1.76%), Vitamin B1: 0.02mg (1.61%), Calcium: 10.32mg (1.03%)