



Rocky Road Brownies

 Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



232 kcal

DESSERT

Ingredients

- ☐ 19.5 oz fudge brownie mix
- ☐ 1 cup dry-roasted peanuts divided
- ☐ 2 cups marshmallows mini divided
- ☐ 12 oz semi-sweet chocolate chips divided

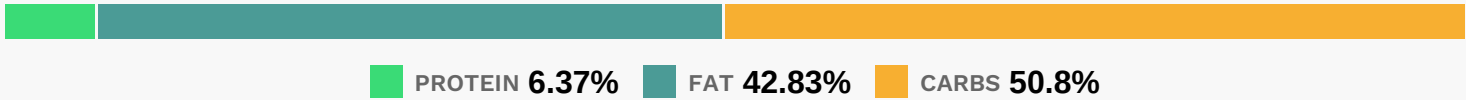
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Prepare brownie mix according to package instructions; spread in a greased 13"x9" baking pan.
- ☐ Sprinkle one cup mini marshmallows, one cup chocolate chips and 1/2 cup peanuts over batter.
- ☐ Bake at 350 degrees for 28 to 30 minutes.
- ☐ Remove from oven; sprinkle with remaining marshmallows, peanuts and chocolate chips.
- ☐ Let cool completely before cutting into squares.

Nutrition Facts



Properties

Glycemic Index:2.52, Glycemic Load:2.05, Inflammation Score:-1, Nutrition Score:3.6239130555288%

Nutrients (% of daily need)

Calories: 232.12kcal (11.61%), Fat: 11.21g (17.24%), Saturated Fat: 4.19g (26.16%), Carbohydrates: 29.92g (9.97%), Net Carbohydrates: 28.24g (10.27%), Sugar: 19.03g (21.14%), Cholesterol: 0.85mg (0.28%), Sodium: 98.35mg (4.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 12.19mg (4.06%), Protein: 3.75g (7.5%), Manganese: 0.33mg (16.57%), Copper: 0.22mg (11.06%), Iron: 1.69mg (9.4%), Magnesium: 35.25mg (8.81%), Fiber: 1.68g (6.72%), Phosphorus: 60.73mg (6.07%), Vitamin B3: 1.03mg (5.15%), Potassium: 127.79mg (3.65%), Zinc: 0.5mg (3.33%), Selenium: 1.72µg (2.45%), Folate: 7.71µg (1.93%), Vitamin B1: 0.02mg (1.59%), Calcium: 15mg (1.5%), Vitamin B5: 0.13mg (1.27%), Vitamin B6: 0.02mg (1.03%)