



Rocky Road Brownies

READY IN



50 min.

SERVINGS



50

CALORIES



64 kcal

DESSERT

Ingredients

- ☐ 0.3 lb butter
- ☐ 2 large eggs
- ☐ 0.5 cup flour all-purpose
- ☐ 1 cup marshmallows miniature
- ☐ 1.3 cups sugar
- ☐ 3 ounces chocolate unsweetened chopped
- ☐ 1 teaspoon vanilla
- ☐ 0.5 cup walnuts chopped

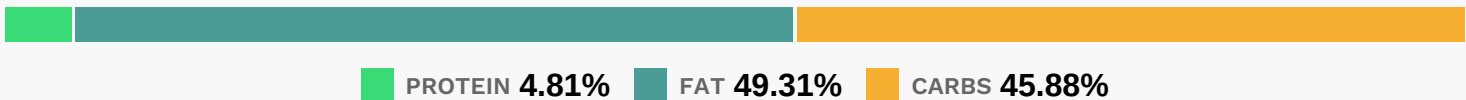
Equipment

- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ baking pan

Directions

- ☐ In a 2- to 3-quart pan over low heat, frequently stir butter and chocolate until melted and smooth.
- ☐ Remove from heat and stir in sugar, eggs, vanilla, flour, and marshmallows until well blended.
- ☐ Spread batter evenly in a buttered and floured 8-inch square baking pan.
- ☐ Sprinkle top evenly with walnuts.
- ☐ Bake in a 350 oven until deep brown, 30 to 35 minutes.
- ☐ Run a knife between pan rim and brownie.
- ☐ Let cool in pan on a rack, about 1 hour.
- ☐ Cut into 9 or 16 squares.

Nutrition Facts



Properties

Glycemic Index:5.51, Glycemic Load:4.92, Inflammation Score:-1, Nutrition Score:1.3178261008276%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Catechin: 1.09mg, Catechin: 1.09mg, Catechin: 1.09mg, Catechin: 1.09mg Epicatechin: 2.41mg, Epicatechin: 2.41mg, Epicatechin: 2.41mg, Epicatechin: 2.41mg

Nutrients (% of daily need)

Calories: 63.79kcal (3.19%), Fat: 3.71g (5.71%), Saturated Fat: 1.85g (11.58%), Carbohydrates: 7.77g (2.59%), Net Carbohydrates: 7.38g (2.68%), Sugar: 5.97g (6.63%), Cholesterol: 12.32mg (4.11%), Sodium: 18.74mg (0.81%),

Alcohol: 0.03g (100%), Alcohol %: 0.24% (100%), Protein: 0.82g (1.63%), Manganese: 0.12mg (6.02%), Copper: 0.08mg (3.91%), Iron: 0.43mg (2.38%), Magnesium: 8mg (2%), Selenium: 1.3µg (1.86%), Phosphorus: 16.79mg (1.68%), Zinc: 0.24mg (1.58%), Fiber: 0.4g (1.58%), Vitamin A: 67.71IU (1.35%), Folate: 4.93µg (1.23%), Vitamin B2: 0.02mg (1.21%), Vitamin B1: 0.02mg (1.15%)