



## Rocky Road Brownies

 Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



196 kcal

DESSERT

### Ingredients

- ☐ 1.3 cup chocolate chips dark
- ☐ 2 large eggs
- ☐ 2 cups marshmallows mini
- ☐ 1 box pillsbury "family style" brownies
- ☐ 0.5 cup vegetable oil
- ☐ 0.7 cups walnuts toasted coarsely chopped
- ☐ 0.3 cup water

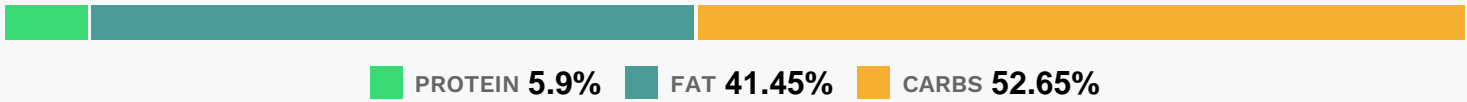
### Equipment

- ☐ frying pan
- ☐ oven
- ☐ mixing bowl
- ☐ aluminum foil
- ☐ kitchen timer

## Directions

- ☐ Preheat oven to 350 degrees F. Line a 13×9 inch metal pan with foil and spray with cooking spray.
- ☐ Mix the brownie mix, eggs, oil, and water together in a mixing bowl and beat for 50–60 strokes or until mixed.
- ☐ Pour into pan and set timer for 25 minutes.While brownies cook, mix together the marshmallows, walnuts and a little less than a cup of the chocolate chips (you'll be saving some for the end).Pull brownies from the oven after 25 minutes, quickly sprinkle with marshmallow mixture, then return to oven for 5 minutes so that marshmallows can melt\*\*.
- ☐ Remove from oven.
- ☐ Sprinkle remaining chocolate chips over top of hot brownies and if you'd like, sprinkle on some more walnuts so that everything appears balanced.
- ☐ Let cool at room temperature for about an hour.
- ☐ Transfer to the refrigerator for another hour to set the chips.Lift the brownies from the pan and cut into 16 large squares.

## Nutrition Facts



## Properties

Glycemic Index:3.35, Glycemic Load:2.09, Inflammation Score:-1, Nutrition Score:2.2656521959149%

## Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg

## Nutrients (% of daily need)

Calories: 196.21kcal (9.81%), Fat: 9.14g (14.07%), Saturated Fat: 3.92g (24.53%), Carbohydrates: 26.13g (8.71%), Net Carbohydrates: 25.53g (9.28%), Sugar: 16.45g (18.28%), Cholesterol: 15.6mg (5.2%), Sodium: 82.19mg (3.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.93g (5.86%), Manganese: 0.13mg (6.32%), Iron: 0.9mg (5.02%), Copper: 0.08mg (3.87%), Calcium: 36.02mg (3.6%), Zinc: 0.51mg (3.39%), Phosphorus: 32.43mg (3.24%), Selenium: 2.03µg (2.9%), Vitamin B2: 0.04mg (2.46%), Vitamin K: 2.54µg (2.42%), Fiber: 0.6g (2.41%), Potassium: 83.59mg (2.39%), Magnesium: 9.34mg (2.34%), Vitamin E: 0.3mg (1.99%), Vitamin B6: 0.04mg (1.88%), Folate: 7.28µg (1.82%), Vitamin B5: 0.16mg (1.58%), Vitamin B1: 0.02mg (1.52%), Vitamin B12: 0.07µg (1.08%)