



Rocky Road Candies

 Gluten Free

READY IN



130 min.

SERVINGS



24

CALORIES



292 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.1 cup butter
- 2.5 cups dry-roasted peanuts
- 16 ounce marshmallows miniature
- 12 ounce semi chocolate chips
- 14 ounce condensed milk sweetened canned

Equipment

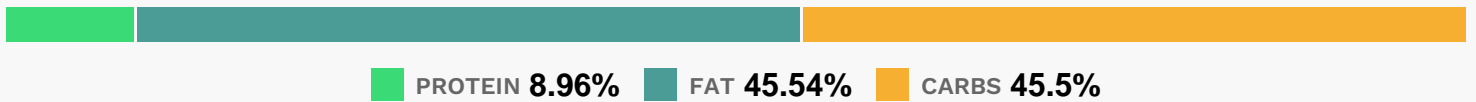
- bowl
- frying pan

- baking pan
- wax paper
- microwave

Directions

- Line a 9 x 13 inch pan with wax paper.
- In a microwave-safe bowl, microwave chocolate and butter until melted. Stir occasionally until chocolate is smooth. Stir in condensed milk.
- Combine peanuts and marshmallows; stir into chocolate mixture.
- Pour into prepared pan and chill until firm.
- Cut into squares.

Nutrition Facts



Properties

Glycemic Index:7.15, Glycemic Load:14.77, Inflammation Score:-3, Nutrition Score:6.7304348129293%

Nutrients (% of daily need)

Calories: 291.79kcal (14.59%), Fat: 15.32g (23.58%), Saturated Fat: 5.8g (36.24%), Carbohydrates: 34.45g (11.48%), Net Carbohydrates: 31.94g (11.61%), Sugar: 25.09g (27.87%), Cholesterol: 9.02mg (3.01%), Sodium: 110.99mg (4.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 12.19mg (4.06%), Protein: 6.79g (13.57%), Manganese: 0.55mg (27.42%), Copper: 0.3mg (14.91%), Phosphorus: 139.35mg (13.93%), Magnesium: 55.2mg (13.8%), Vitamin B3: 2.44mg (12.2%), Fiber: 2.51g (10.03%), Potassium: 260.97mg (7.46%), Iron: 1.32mg (7.32%), Selenium: 5.11µg (7.3%), Calcium: 71.81mg (7.18%), Zinc: 0.84mg (5.63%), Folate: 21.21µg (5.3%), Vitamin B2: 0.09mg (5.25%), Vitamin B1: 0.07mg (4.53%), Vitamin B5: 0.38mg (3.8%), Vitamin B6: 0.05mg (2.64%), Vitamin B12: 0.1µg (1.67%), Vitamin A: 80.79IU (1.62%), Vitamin K: 1.2µg (1.15%)