

Rocky Road Crunch Bars

READY IN



135 min.

SERVINGS



24

CALORIES



173 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 stick plus 1 tablespoon butter unsalted soft
- ☐ 8 ounces crunchy cookies plain hard
- ☐ 3 tablespoons golden syrup or
- ☐ 2 cups marshmallows mini
- ☐ 2 teaspoons powdered sugar
- ☐ 10 ounces bittersweet chocolate

Equipment

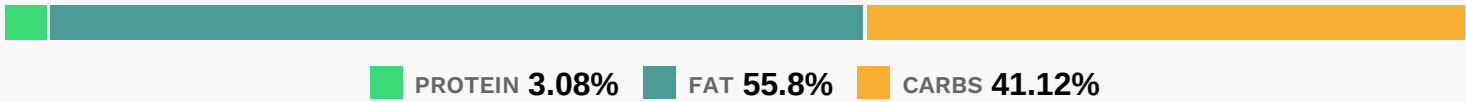
- ☐ sauce pan

- ☐ sieve
- ☐ aluminum foil
- ☐ spatula
- ☐ rolling pin

Directions

- ☐ Melt the butter, chocolate and syrup in a heavy based saucepan. Scoop out about 1/2 cup of this melted mixture and put aside.
- ☐ Put the biscuits/cookies into a freezer bag and then bash them with a rolling pin. You are looking for both crumbs and pieces of cookies.
- ☐ Fold the cookie pieces and crumbs into the melted chocolate mixture, and then add the marshmallows.
- ☐ Pour into a 9-inch square foil tray; flatten as best you can with a spatula.
- ☐ Pour over the reserved 1/2 half cup of melted chocolate mixture and smooth the top.
- ☐ Refrigerate for about 2 hours or overnight.
- ☐ Cut into 24 fingers and dust with powdered sugar by pushing it gently through a tea strainer or small sieve.

Nutrition Facts



Properties

Glycemic Index:9.9, Glycemic Load:7.2, Inflammation Score:-2, Nutrition Score:2.7504347821941%

Nutrients (% of daily need)

Calories: 173.42kcal (8.67%), Fat: 10.83g (16.66%), Saturated Fat: 5.79g (36.19%), Carbohydrates: 17.96g (5.99%), Net Carbohydrates: 16.88g (6.14%), Sugar: 11.12g (12.36%), Cholesterol: 10.83mg (3.61%), Sodium: 68.15mg (2.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 10.16mg (3.39%), Protein: 1.35g (2.69%), Manganese: 0.2mg (9.86%), Copper: 0.16mg (8%), Iron: 1.04mg (5.77%), Magnesium: 22.29mg (5.57%), Fiber: 1.07g (4.29%), Phosphorus: 38.41mg (3.84%), Vitamin E: 0.41mg (2.73%), Vitamin A: 131.69IU (2.63%), Vitamin B1: 0.04mg (2.49%), Zinc: 0.37mg (2.44%), Selenium: 1.7µg (2.42%), Potassium: 76.63mg (2.19%), Vitamin B2: 0.04mg (2.18%), Vitamin K: 2.22µg (2.11%), Vitamin B3: 0.41mg (2.07%), Folate: 7.84µg (1.96%)