

Rocky Road Fudge Bars

READY IN



45 min.

SERVINGS



15

CALORIES



332 kcal

DESSERT

Ingredients

- 1 teaspoon double-acting baking powder
- 0.3 cup butter
- 3 cups powdered sugar
- 8 ounce cream cheese softened
- 1 eggs
- 2 eggs
- 2 tablespoons flour all-purpose
- 2 cups marshmallows miniature
- 0.3 cup milk

- 1 cup semi chocolate chips
- 1 ounce baker's chocolate unsweetened chopped
- 1 teaspoon vanilla extract
- 0.3 cup walnut pieces chopped
- 0.5 cup granulated sugar white

Equipment

- bowl
- frying pan
- sauce pan
- oven
- baking pan


Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease and flour a 9x13 inch baking pan.
- In a medium saucepan, melt chocolate and butter over low heat, stirring occasionally.
- Remove from the heat and add 1 cup sugar, 1 cup flour, baking powder, vanilla, 2 eggs and walnuts. Stir until well blended.
- Spread evenly into the bottom of the prepared pan.
- For the next layer, in a medium bowl, beat the 6 ounces of cream cheese (reserve 2 ounces of the package of cream cheese for the next layer) with the 1/2 cup of sugar, egg, 2 tablespoons of flour, 1/2 teaspoon of vanilla, and 1/4 cup of butter.
- Mix until fluffy and smooth.
- Spread evenly over the first layer.
- Sprinkle the 1/4 cup of chopped nuts and chocolate chips over the second layer.
- Bake for 25 to 35 minutes in the preheated oven. Then sprinkle the miniature marshmallows over the top and bake for 2 minutes longer.
- Begin to prepare the icing while the bars are in the oven. In a medium saucepan, melt together the 1/4 cup of butter, 1 square of chocolate, remaining 2 ounces of cream cheese and 1/4 cup of milk.

Remove from heat and stir in 3 cups of confectioners' sugar and 1 teaspoon of vanilla. Beat until smooth.

Pour over the marshmallows and swirl together. Refrigerate until firm, cut into squares.

Nutrition Facts

  **PROTEIN 4.35%**  **FAT 42.67%** **CARBS 52.98%**

Properties

Glycemic Index:28.84, Glycemic Load:8.87, Inflammation Score:-3, Nutrition Score:5.0326086916839%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Catechin: 1.22mg, Catechin: 1.22mg, Catechin: 1.22mg, Catechin: 1.22mg Epicatechin: 2.68mg, Epicatechin: 2.68mg, Epicatechin: 2.68mg, Epicatechin: 2.68mg

Nutrients (% of daily need)

Calories: 331.55kcal (16.58%), Fat: 16.14g (24.83%), Saturated Fat: 8.73g (54.56%), Carbohydrates: 45.09g (15.03%), Net Carbohydrates: 43.66g (15.87%), Sugar: 39.27g (43.64%), Cholesterol: 57.35mg (19.12%), Sodium: 121.73mg (5.29%), Alcohol: 0.09g (100%), Alcohol %: 0.13% (100%), Caffeine: 11.83mg (3.94%), Protein: 3.7g (7.4%), Manganese: 0.32mg (15.89%), Copper: 0.26mg (13.06%), Phosphorus: 91.6mg (9.16%), Selenium: 6.01µg (8.59%), Magnesium: 33.82mg (8.45%), Iron: 1.42mg (7.91%), Vitamin A: 358.1IU (7.16%), Vitamin B2: 0.1mg (6.1%), Fiber: 1.44g (5.75%), Calcium: 53.12mg (5.31%), Zinc: 0.78mg (5.22%), Potassium: 133.9mg (3.83%), Vitamin B5: 0.3mg (2.96%), Vitamin E: 0.4mg (2.7%), Vitamin B12: 0.16µg (2.69%), Folate: 9.95µg (2.49%), Vitamin B6: 0.04mg (2.09%), Vitamin B1: 0.03mg (2.05%), Vitamin K: 1.72µg (1.64%), Vitamin D: 0.22µg (1.47%), Vitamin B3: 0.24mg (1.2%)