



Rocky Road OREO Bars

READY IN



75 min.

SERVINGS



20

CALORIES



181 kcal

DESSERT

Ingredients

- 0.3 cup butter melted
- 0.3 cup marshmallows jet-puffed miniature
- 1.8 cups oreo cookies crushed finely
- 4.2 oz oreo cookies 'n creme flavor pudding instant
- 0.3 cup planters cocktail peanuts chopped
- 1.5 cups powdered sugar
- 2 oz baker's semi-sweet chocolate melted
- 0.3 cup water boiling

Equipment

frying pan

Directions

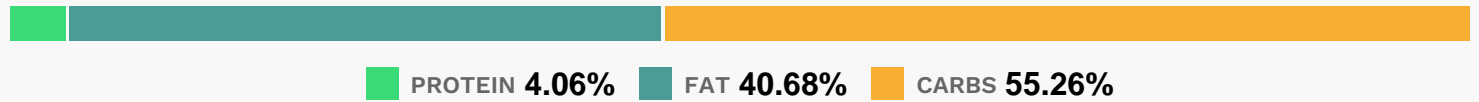
Mix butter and cookie crumbs; press onto bottom of 9-inch square pan.

Beat dry pudding mix, sugar and boiling water until well blended.

Pour over crust; spread to completely cover crust. Top with nuts and marshmallows; drizzle with chocolate.

Refrigerate 1 hour or until firm before cutting into bars. Keep refrigerated.

Nutrition Facts



Properties

Glycemic Index:6.24, Glycemic Load:0.43, Inflammation Score:-2, Nutrition Score:3.5717391365248%

Nutrients (% of daily need)

Calories: 180.87kcal (9.04%), Fat: 8.41g (12.93%), Saturated Fat: 3.4g (21.23%), Carbohydrates: 25.7g (8.57%), Net Carbohydrates: 24.66g (8.97%), Sugar: 18.45g (20.49%), Cholesterol: 6.27mg (2.09%), Sodium: 97.53mg (4.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 3.44mg (1.15%), Protein: 1.89g (3.78%), Iron: 2.7mg (14.98%), Manganese: 0.24mg (11.88%), Copper: 0.13mg (6.3%), Vitamin K: 5.87µg (5.59%), Magnesium: 19.06mg (4.76%), Vitamin B3: 0.93mg (4.66%), Folate: 18.1µg (4.53%), Fiber: 1.04g (4.15%), Vitamin E: 0.58mg (3.84%), Vitamin B1: 0.06mg (3.79%), Phosphorus: 36.12mg (3.61%), Vitamin B2: 0.05mg (3.23%), Potassium: 81.77mg (2.34%), Selenium: 1.55µg (2.21%), Zinc: 0.28mg (1.86%), Vitamin A: 72.73IU (1.45%), Vitamin B5: 0.11mg (1.15%)