

Rocky Road Peanut Butter Brownies

READY IN



70 min.

SERVINGS



15

CALORIES



338 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon double-acting baking powder
- ☐ 0.5 cup butter melted
- ☐ 2 cups rice cereal crispy rice krispies® (such as)
- ☐ 2 large eggs
- ☐ 0.5 cup flour all-purpose
- ☐ 2 cups marshmallows miniature
- ☐ 1 cup peanut butter
- ☐ 0.3 teaspoon salt
- ☐ 1 cup semi chocolate chips

- ☐ 0.3 cup cocoa powder unsweetened
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup sugar white

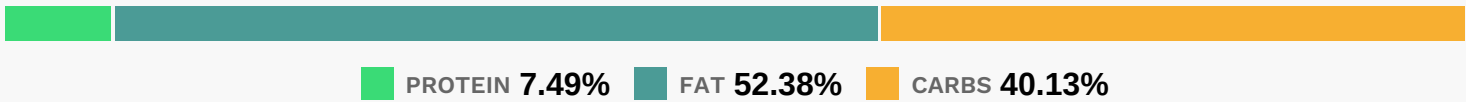
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ toothpicks
- ☐ microwave

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease a 9x13-inch baking pan.
- ☐ Sift flour, cocoa powder, baking powder, and salt together in a large bowl. Beat sugar, butter, and vanilla extract together in a separate bowl; beat in eggs, one at a time, until sugar mixture is smooth. Stir flour mixture into sugar mixture until incorporated.
- ☐ Spread batter into the prepared baking pan.
- ☐ Bake in the preheated oven until a toothpick inserted in the center of the brownies comes out clean, about 20 minutes.
- ☐ Mix peanut butter and chocolate chips together in a microwave-safe bowl; heat in microwave until chocolate chips are melted, stirring every 30 seconds, 1 to 2 minutes. Fold crispy rice cereal into peanut butter mixture; heat in microwave until mixture smooth and spreadable, about 30 seconds.
- ☐ Sprinkle brownies with marshmallows and bake until marshmallows are slightly cooked, 2 minutes.
- ☐ Pour chocolate mixture evenly over marshmallows. Allow to cool completely before cutting into squares.

Nutrition Facts



Properties

Glycemic Index:24.11, Glycemic Load:15.32, Inflammation Score:-4, Nutrition Score:7.7017391712769%

Flavonoids

Catechin: 1.24mg, Catechin: 1.24mg, Catechin: 1.24mg, Catechin: 1.24mg Epicatechin: 3.75mg, Epicatechin: 3.75mg, Epicatechin: 3.75mg, Epicatechin: 3.75mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 338.34kcal (16.92%), Fat: 20.54g (31.6%), Saturated Fat: 8.65g (54.07%), Carbohydrates: 35.4g (11.8%), Net Carbohydrates: 32.76g (11.91%), Sugar: 23.47g (26.07%), Cholesterol: 41.79mg (13.93%), Sodium: 185.03mg (8.04%), Alcohol: 0.09g (100%), Alcohol %: 0.16% (100%), Caffeine: 14.72mg (4.91%), Protein: 6.61g (13.22%), Manganese: 0.52mg (25.83%), Copper: 0.32mg (15.94%), Magnesium: 62.52mg (15.63%), Vitamin B3: 2.78mg (13.89%), Phosphorus: 128mg (12.8%), Vitamin E: 1.89mg (12.6%), Fiber: 2.65g (10.59%), Iron: 1.73mg (9.63%), Selenium: 5.98µg (8.54%), Folate: 30.29µg (7.57%), Zinc: 1.04mg (6.93%), Vitamin B2: 0.11mg (6.26%), Potassium: 213.47mg (6.1%), Vitamin B1: 0.08mg (5.06%), Vitamin B6: 0.1mg (4.82%), Vitamin A: 231.09IU (4.62%), Vitamin B5: 0.35mg (3.52%), Calcium: 29.02mg (2.9%), Vitamin B12: 0.09µg (1.56%), Vitamin K: 1.53µg (1.46%)