



Rocky Road S'mores Bars

READY IN



100 min.

SERVINGS



32

CALORIES



226 kcal

DESSERT

Ingredients

- ☐ 1.5 cups flour all-purpose
- ☐ 0.7 cup brown sugar packed
- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon salt
- ☐ 0.3 teaspoon baking soda
- ☐ 0.5 cup butter softened
- ☐ 1 teaspoon vanilla
- ☐ 2 egg yolk
- ☐ 3 cups marshmallows miniature

- ☐ 1 cup milk chocolate chips
- ☐ 0.7 cup plus light
- ☐ 0.3 cup butter
- ☐ 2 teaspoons vanilla
- ☐ 11.5 oz milk chocolate chips (2 cups)
- ☐ 2 cups golden beets
- ☐ 1 cup roasted peanuts salted

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Heat oven to 350°F. In large bowl, combine all base ingredients except marshmallows and chocolate chips; beat at low speed until crumbly. Press mixture firmly in bottom of ungreased 13x9-inch pan.
- ☐ Bake at 350°F. for 12 to 15 minutes or until light golden brown.
- ☐ Remove partially baked base from oven. Immediately sprinkle with marshmallows and 1 cup chocolate chips.
- ☐ Return to oven; bake an additional 1 to 2 minutes or until marshmallows just begin to puff.
- ☐ Remove from oven; cool while preparing topping.
- ☐ In large saucepan, combine all topping ingredients except cereal and peanuts. Cook over medium heat for 2 to 3 minutes or until margarine and chocolate chips are melted, stirring constantly. Stir in cereal and peanuts. Immediately spoon warm topping evenly over baked base; spread gently to cover. Refrigerate 1 hour or until firm.
- ☐ Cut into bars.

Nutrition Facts



 PROTEIN **4.01%**  FAT **44.18%**  CARBS **51.81%**

Properties

Glycemic Index:9.7, Glycemic Load:6.96, Inflammation Score:-2, Nutrition Score:2.8730435011827%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 225.88kcal (11.29%), Fat: 11.43g (17.59%), Saturated Fat: 4.18g (26.12%), Carbohydrates: 30.16g (10.05%), Net Carbohydrates: 29.36g (10.67%), Sugar: 22.28g (24.76%), Cholesterol: 12.15mg (4.05%), Sodium: 138.2mg (6.01%), Alcohol: 0.13g (100%), Alcohol %: 0.28% (100%), Protein: 2.34g (4.67%), Manganese: 0.18mg (9.01%), Folate: 27.52µg (6.88%), Vitamin B3: 1.07mg (5.34%), Vitamin B1: 0.07mg (4.66%), Selenium: 3.2µg (4.58%), Vitamin A: 209.34IU (4.19%), Potassium: 124.92mg (3.57%), Phosphorus: 34.95mg (3.49%), Fiber: 0.81g (3.23%), Calcium: 29.75mg (2.97%), Magnesium: 11.77mg (2.94%), Iron: 0.53mg (2.92%), Copper: 0.05mg (2.64%), Vitamin B2: 0.04mg (2.62%), Zinc: 0.22mg (1.49%), Vitamin B5: 0.15mg (1.47%), Vitamin E: 0.2mg (1.34%), Vitamin B6: 0.03mg (1.32%)