



Rocky Road Snack Cake

READY IN



45 min.

SERVINGS



12

CALORIES



216 kcal

DESSERT

Ingredients

- ☐ 0.8 teaspoon double-acting baking powder
- ☐ 0.3 cup butter softened
- ☐ 0.8 cup flour all-purpose
- ☐ 1 cup marshmallows miniature divided
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup soy flour
- ☐ 0.5 cup vanilla-flavored soy milk low-fat
- ☐ 1.3 cups sugar
- ☐ 6 ounces spicy tofu firm cubed reduced-fat

- ☐ 0.8 cup cocoa unsweetened
- ☐ 0.3 cup walnuts divided chopped

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ blender
- ☐ baking pan
- ☐ measuring cup

Directions

- ☐ Preheat oven to 37
- ☐ Lightly spoon flours into dry measuring cups, and level with a knife.
- ☐ Combine flours, cocoa, baking powder, and salt in a large bowl.
- ☐ Combine sugar, tofu, soy milk, and butter in a food processor or blender, and process until smooth.
- ☐ Add to flour mixture, stirring just until moist. Stir in 2/3 cup marshmallows and 1/4 cup walnuts.
- ☐ Spread the batter into a 9-inch square baking pan coated with cooking spray.
- ☐ Sprinkle with the remaining marshmallows and walnuts.
- ☐ Bake at 375 for 25 minutes or until a wooden pick inserted in center comes out clean. Cool in pan on a wire rack 5 minutes.
- ☐ Cut into squares.
- ☐ Note: Soy flour and soy milk are often available in health-food stores and some supermarkets.

Nutrition Facts



 **PROTEIN 8.27%**  **FAT 31.39%**  **CARBS 60.34%**

Properties

Glycemic Index:34.67, Glycemic Load:21.15, Inflammation Score:-4, Nutrition Score:6.1430435077004%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Catechin: 3.48mg, Catechin: 3.48mg, Catechin: 3.48mg, Catechin: 3.48mg Epicatechin: 10.56mg, Epicatechin: 10.56mg, Epicatechin: 10.56mg, Epicatechin: 10.56mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 215.95kcal (10.8%), Fat: 8.14g (12.53%), Saturated Fat: 3.24g (20.24%), Carbohydrates: 35.22g (11.74%), Net Carbohydrates: 32.42g (11.79%), Sugar: 23.86g (26.51%), Cholesterol: 10.17mg (3.39%), Sodium: 164.48mg (7.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 12.36mg (4.12%), Protein: 4.83g (9.65%), Manganese: 0.43mg (21.25%), Copper: 0.35mg (17.62%), Fiber: 2.8g (11.2%), Magnesium: 43.93mg (10.98%), Iron: 1.62mg (9%), Phosphorus: 77.61mg (7.76%), Folate: 30.58µg (7.65%), Vitamin B1: 0.1mg (6.44%), Vitamin B2: 0.11mg (6.39%), Calcium: 63.75mg (6.37%), Selenium: 4.22µg (6.03%), Vitamin B3: 1.04mg (5.22%), Potassium: 178.77mg (5.11%), Zinc: 0.64mg (4.3%), Vitamin A: 160.28IU (3.21%), Vitamin B6: 0.06mg (3.06%), Vitamin E: 0.44mg (2.91%), Vitamin K: 2.21µg (2.1%), Vitamin B12: 0.11µg (1.9%), Vitamin B5: 0.11mg (1.09%)