



Rocky Top Brownies

READY IN



10 min.

SERVINGS



10

CALORIES



530 kcal

DESSERT

Ingredients

- ☐ 19 ounce brownie mix
- ☐ 0.5 cup butter melted
- ☐ 3 large eggs
- ☐ 13 ounce peanut butter cups miniature coarsely chopped

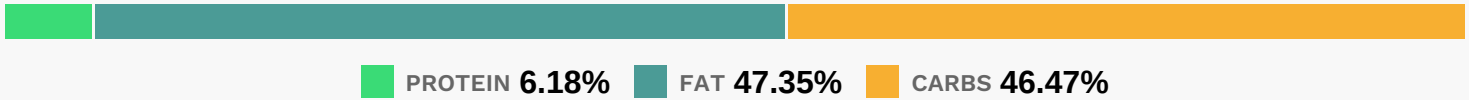
Equipment

- ☐ frying pan
- ☐ oven
- ☐ wire rack

Directions

- ☐ Stir together first 3 ingredients until blended. Spoon batter into a greased and floured 13- x 9- inch pan.
- ☐ Bake at 350 for 23 minutes or until center is set.
- ☐ Remove from oven, and sprinkle brownies evenly with chopped candy. Return to oven, and bake 2 minutes.
- ☐ Remove from oven, and cool completely on a wire rack.
- ☐ Cut brownies into squares.

Nutrition Facts



Properties

Glycemic Index:5, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:4.8169565233199%

Nutrients (% of daily need)

Calories: 530.17kcal (26.51%), Fat: 28.39g (43.68%), Saturated Fat: 11.65g (72.82%), Carbohydrates: 62.71g (20.9%), Net Carbohydrates: 61.38g (22.32%), Sugar: 44.17g (49.08%), Cholesterol: 82.41mg (27.47%), Sodium: 383.13mg (16.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.33g (16.66%), Iron: 2.22mg (12.36%), Phosphorus: 91.76mg (9.18%), Vitamin B3: 1.67mg (8.35%), Vitamin A: 385.27IU (7.71%), Selenium: 5.23µg (7.48%), Vitamin B2: 0.11mg (6.64%), Folate: 25.82µg (6.45%), Magnesium: 24.88mg (6.22%), Fiber: 1.33g (5.31%), Copper: 0.1mg (4.96%), Vitamin B5: 0.47mg (4.71%), Zinc: 0.68mg (4.5%), Vitamin B1: 0.07mg (4.37%), Potassium: 149.83mg (4.28%), Vitamin B12: 0.25µg (4.14%), Calcium: 39.87mg (3.99%), Vitamin E: 0.48mg (3.17%), Vitamin B6: 0.06mg (3.13%), Vitamin D: 0.3µg (2%), Vitamin K: 1.58µg (1.5%)