



WHATSheATE



S'mores Muddy Buddies® Brownies

READY IN



70 min.

SERVINGS



16

CALORIES



396 kcal

DESSERT

Ingredients

- ☐ 1 box brownie mix
- ☐ 1.5 cups brownie mix chex mix® muddy buddies® (from 10.5-oz bag)
- ☐ 2 cups marshmallows miniature
- ☐ 1.6 oz chocolate
- ☐ 16 servings vegetable oil for on brownie mix box

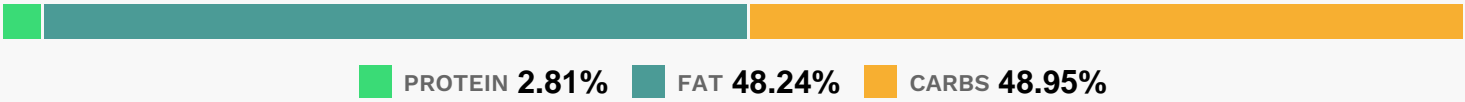
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat oven to 350F (325F for dark or nonstick pan). Make brownies as directed on box for 9-inch square pan. After removing pan from oven, set oven control to broil.
- ☐ Immediately sprinkle marshmallows and snack mix over warm brownies. Broil with top 4 to 5 inches from heat 30 to 60 seconds or until marshmallows are golden brown. (Watch carefully; marshmallows and snack mix will brown quickly.)
- ☐ Sprinkle with candy. Cool about 30 minutes.
- ☐ Cut into 4 rows by 4 rows. Store loosely covered.

Nutrition Facts



Properties

Glycemic Index:6.44, Glycemic Load:3.71, Inflammation Score:1, Nutrition Score:2.0239130493415%

Nutrients (% of daily need)

Calories: 395.94kcal (19.8%), Fat: 21.49g (33.07%), Saturated Fat: 4.1g (25.62%), Carbohydrates: 49.07g (16.36%), Net Carbohydrates: 48.91g (17.78%), Sugar: 31.83g (35.36%), Cholesterol: 0mg (0%), Sodium: 163.28mg (7.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.81g (5.63%), Vitamin K: 25.92µg (24.68%), Iron: 1.61mg (8.96%), Vitamin E: 1.15mg (7.68%), Copper: 0.02mg (1.09%)