

Stadium Brownies

 Dairy Free

READY IN



210 min.

SERVINGS



16

CALORIES



379 kcal

DESSERT

Ingredients

- ☐ 0.3 cup brown sugar packed
- ☐ 1 box brownie mix betty crocker® (1 lb 2.4 oz)
- ☐ 0.3 cup butter
- ☐ 3 cups marshmallows miniature
- ☐ 4 cups popped popcorn
- ☐ 0.7 cup roasted peanuts salted
- ☐ 16 servings vegetable oil for on brownie mix box

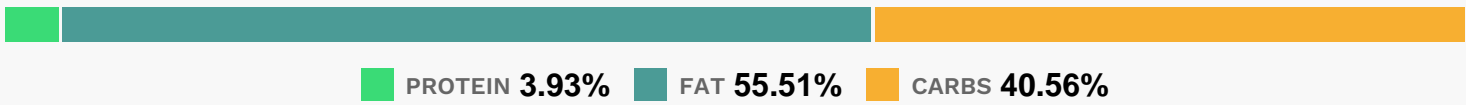
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ aluminum foil
- ☐ microwave

Directions

- ☐ Heat oven to 350°F (325°F for dark or nonstick pan). Line 8-inch or 9-inch square pan with foil so foil extends about 2 inches over sides of pan. Spray foil with cooking spray.
- ☐ Make and bake brownie mix as directed on box. Cool completely, about 1 1/2 hours.
- ☐ In large microwavable bowl, microwave butter and marshmallows uncovered on High 1 minute or until melted; stir until smooth. Stir in brown sugar; microwave uncovered on High 30 seconds longer. Stir in popcorn and peanuts until coated. Spoon evenly over brownies; press lightly to even surface. Cool completely, about 1 hour. For brownies, cut into 4 rows by 4 rows.

Nutrition Facts



Properties

Glycemic Index:7.93, Glycemic Load:5.76, Inflammation Score:-2, Nutrition Score:3.5404347702051%

Nutrients (% of daily need)

Calories: 378.57kcal (18.93%), Fat: 23.84g (36.68%), Saturated Fat: 4.04g (25.25%), Carbohydrates: 39.19g (13.06%), Net Carbohydrates: 38.24g (13.9%), Sugar: 24.57g (27.3%), Cholesterol: 0mg (0%), Sodium: 161.55mg (7.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.79g (7.59%), Vitamin K: 25.78µg (24.55%), Manganese: 0.18mg (8.84%), Vitamin E: 1.26mg (8.42%), Iron: 1.17mg (6.5%), Vitamin B3: 0.98mg (4.92%), Fiber: 0.95g (3.8%), Magnesium: 14.78mg (3.7%), Phosphorus: 35.09mg (3.51%), Copper: 0.06mg (2.91%), Vitamin A: 132.26IU (2.65%), Folate: 8.68µg (2.17%), Potassium: 62.78mg (1.79%), Vitamin B1: 0.02mg (1.51%), Zinc: 0.21mg (1.41%), Vitamin B6: 0.02mg (1.1%), Vitamin B5: 0.11mg (1.07%), Calcium: 10.47mg (1.05%)