



A Peanuttty S'more

 Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



110 kcal

Ingredients

- 2 graham cracker squares
- 2 large marshmallows
- 1 peanut butter cup

Equipment

Directions

- Cook the marshmallows over an open flame or hot coals until they are browned outside, and soft all the way through, 2 to 4 minutes.

- Place the marshmallows on top of one of the graham cracker squares.
- Place the peanut butter cup on top of the marshmallows. Top with the last graham cracker square.

Nutrition Facts

PROTEIN 5.18% **FAT 15.53%** **CARBS 79.29%**

Properties

Glycemic Index:148.5, Glycemic Load:14.44, Inflammation Score:-1, Nutrition Score:1.2652173878058%

Nutrients (% of daily need)

Calories: 109.85kcal (5.49%), Fat: 1.94g (2.98%), Saturated Fat: 0.33g (2.05%), Carbohydrates: 22.27g (7.42%), Net Carbohydrates: 21.74g (7.9%), Sugar: 11.39g (12.65%), Cholesterol: 0mg (0%), Sodium: 107.75mg (4.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.46g (2.91%), Iron: 0.63mg (3.49%), Vitamin B3: 0.67mg (3.37%), Phosphorus: 32.79mg (3.28%), Magnesium: 10.23mg (2.56%), Vitamin B1: 0.03mg (2.23%), Fiber: 0.54g (2.15%), Vitamin B2: 0.04mg (2.1%), Zinc: 0.3mg (2.02%), Folate: 7.44µg (1.86%), Calcium: 11.97mg (1.2%), Copper: 0.02mg (1.1%)