



Chocolate Covered S'mores on a Stick

READY IN



100 min.

SERVINGS



12

CALORIES



493 kcal

DESSERT

Ingredients

- 12 lollipop sticks
- 12 chocolate bar squares
- 24 graham crackers
- 12 marshmallows jet-puffed
- 12 oz milk chocolate chips
- 12 servings sprinkles (for garnish)

Equipment

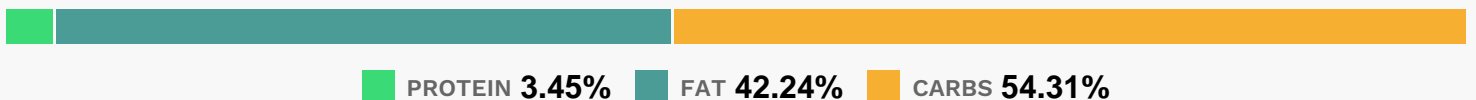
- bowl

- oven
- knife
- wax paper
- microwave
- lollipop sticks

Directions

- PREHEAT your oven to 350F.
- LINE a large flat dish with 12 graham crackers.
- Place a chocolate bar square on top of each graham.
- Place 1 JET-PUFFED Marshmallow on top of the chocolate.
- BAKE in the oven for about 10 minutes.
- IMMEDIATELY place your lollipop stick into the marshmallow in the middle and press another graham cracker (from the remaining 1
- on top. Repeat this process for all of the s'mores.
- PLACE them in the freezer for about 15 minutes or until you can pick up the stick without the graham crackers sliding off.
- MELT down the chocolate chips in a microwave to a smooth consistency in a deep bowl using 30 second intervals and stirring in between.
- DIP the s'mores into the chocolate and cover completely. You may need to use a spoon or knife in order to cover it well.
- SPRINKLE the sprinkles all over the s'mores and then place them on a sheet of wax paper until the chocolate has dried. It will likely take an hour or two before they are dried completely.

Nutrition Facts



Properties

Glycemic Index:15.79, Glycemic Load:20.79, Inflammation Score:-3, Nutrition Score:8.1956521259702%

Flavonoids

Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 493.03kcal (24.65%), Fat: 23.38g (35.96%), Saturated Fat: 12.84g (80.27%), Carbohydrates: 67.62g (22.54%), Net Carbohydrates: 63.55g (23.11%), Sugar: 42.54g (47.27%), Cholesterol: 0.84mg (0.28%), Sodium: 198.92mg (8.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 22.4mg (7.47%), Protein: 4.29g (8.58%), Manganese: 0.55mg (27.51%), Copper: 0.51mg (25.55%), Iron: 4.51mg (25.07%), Magnesium: 80.94mg (20.24%), Fiber: 4.07g (16.3%), Phosphorus: 144.32mg (14.43%), Zinc: 1.48mg (9.85%), Potassium: 341.51mg (9.76%), Vitamin B3: 1.37mg (6.86%), Calcium: 64.62mg (6.46%), Vitamin B2: 0.09mg (5.38%), Vitamin B1: 0.07mg (4.95%), Folate: 14.39µg (3.6%), Vitamin K: 3.22µg (3.06%), Selenium: 2.04µg (2.91%), Vitamin B6: 0.04mg (2.09%), Vitamin B12: 0.08µg (1.31%), Vitamin B5: 0.13mg (1.27%), Vitamin E: 0.18mg (1.17%)