



Chocolate Ganache S'mores

READY IN



75 min.

SERVINGS



12

CALORIES



411 kcal

DESSERT

Ingredients

- 9 ounces bittersweet chocolate chips
- 0.5 cup butter melted
- 14 graham crackers whole crushed
- 0.5 teaspoon ground cinnamon
- 1 cup heavy cream
- 10 ounce marshmallows
- 0.3 cup sugar white

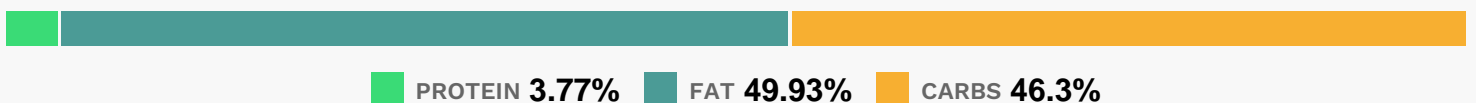
Equipment

- bowl
- sauce pan
- oven
- whisk
- mixing bowl
- baking pan
- broiler
- pizza cutter

Directions

- Preheat an oven to 350 degrees F (175 degrees C). Lightly grease a 9x13 inch baking dish with cooking spray.
- Combine the graham cracker crumbs, melted butter, sugar, and cinnamon in a mixing bowl.
- Mix until evenly moistened, then press into the bottom of the prepared baking dish.
- Bake in the preheated oven until the crust is lightly browned and smells toasted, about 5 minutes.
- Place the chocolate into a medium bowl.
- Heat the cream in a small sauce pan over medium heat. Bring just to a boil. When the cream has come to a boil, remove from the heat immediately and pour over the chocolate chips; whisk until smooth. Stir in the optional rum.
- Pour evenly over the graham cracker layer.
- Preheat the oven's broiler and set the oven rack about 6 inches from the heat source.
- Place an even layer of marshmallows on top of the chocolate. Broil until the marshmallows are lightly toasted, about 1 minute. Refrigerate until chocolate has hardened, about 45 minutes.
- Cut into bars using a pizza cutter sprayed with non-stick cooking spray.

Nutrition Facts



Properties

Glycemic Index:21.63, Glycemic Load:23.32, Inflammation Score:-3, Nutrition Score:4.408695636884%

Nutrients (% of daily need)

Calories: 410.69kcal (20.53%), Fat: 23.2g (35.7%), Saturated Fat: 15.86g (99.11%), Carbohydrates: 48.41g (16.14%), Net Carbohydrates: 46.98g (17.08%), Sugar: 29.36g (32.62%), Cholesterol: 42.96mg (14.32%), Sodium: 215.51mg (9.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.95g (7.89%), Vitamin A: 530.29IU (10.61%), Calcium: 94.27mg (9.43%), Zinc: 1.13mg (7.57%), Phosphorus: 75.5mg (7.55%), Vitamin B2: 0.12mg (6.98%), Iron: 1.03mg (5.74%), Fiber: 1.43g (5.72%), Potassium: 186.23mg (5.32%), Vitamin E: 0.74mg (4.92%), Magnesium: 19.39mg (4.85%), Vitamin B3: 0.87mg (4.37%), Vitamin B1: 0.06mg (4.21%), Copper: 0.07mg (3.47%), Folate: 13.3µg (3.32%), Selenium: 2.22µg (3.18%), Vitamin K: 2.96µg (2.82%), Vitamin B6: 0.05mg (2.6%), Manganese: 0.05mg (2.33%), Vitamin B5: 0.22mg (2.22%), Vitamin D: 0.32µg (2.12%), Vitamin B12: 0.11µg (1.79%)