



Chocolate Ganache S'mores

READY IN



75 min.

SERVINGS



12

CALORIES



414 kcal

DESSERT

Ingredients

- ☐ 9 ounces bittersweet chocolate chips
- ☐ 0.5 cup butter melted
- ☐ 1 tablespoon rum dark
- ☐ 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



 PROTEIN **3.77%**  FAT **49.93%**  CARBS **46.3%**

Properties

Glycemic Index:22.88, Glycemic Load:23.32, Inflammation Score:-3, Nutrition Score:4.4113043196823%

Nutrients (% of daily need)

Calories: 413.58kcal (20.68%), 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: 215.52mg (9.37%), Alcohol: 0.42g (100%), Alcohol %: 0.55% (100%), Protein: 3.95g (7.89%), Vitamin A: 530.29IU (10.61%), Calcium: 94.27mg (9.43%), Zinc: 1.14mg (7.57%), Phosphorus: 75.55mg (7.56%), Vitamin B2: 0.12mg (6.98%), Iron: 1.03mg (5.75%), Fiber: 1.43g (5.72%), Potassium: 186.26mg (5.32%), Vitamin E: 0.74mg (4.92%), Magnesium: 19.39mg (4.85%), Vitamin B3: 0.87mg (4.37%), Vitamin B1: 0.06mg (4.22%), Copper: 0.07mg (3.49%), 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 (2.34%), Vitamin B5: 0.22mg (2.22%), Vitamin D: 0.32µg (2.12%), Vitamin B12: 0.11µg (1.79%)