



Chocolate Granola Thin S'mores

 Dairy Free

READY IN



5 min.

SERVINGS



5

CALORIES



288 kcal

Ingredients

☐ 5 servings cereal dark nature valley®

☐ 5 servings marshmallows

Equipment

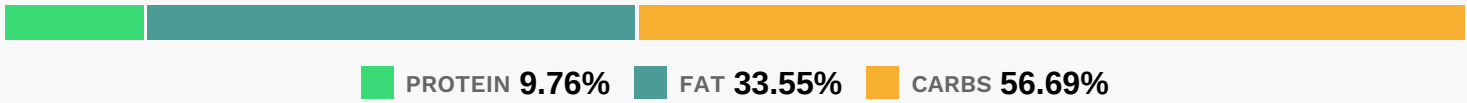
☐ grill

Directions

☐ Spear 1 large marshmallow on long-handled fork; toast over campfire coals or over grill on low heat.

For each s'more, place toasted marshmallow on chocolate side of 1 granola thin. Top with another granola thin, chocolate-side down; press together and hold a few seconds to melt chocolate.

Nutrition Facts



Properties

Glycemic Index:12.1, Glycemic Load:0.49, Inflammation Score:-3, Nutrition Score:10.366956483087%

Nutrients (% of daily need)

Calories: 288.05kcal (14.4%), Fat: 10.99g (16.91%), Saturated Fat: 1.35g (8.47%), Carbohydrates: 41.81g (13.94%), Net Carbohydrates: 38.63g (14.05%), Sugar: 13.03g (14.48%), Cholesterol: 0mg (0%), Sodium: 20.93mg (0.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.2g (14.4%), Manganese: 1.63mg (81.74%), Phosphorus: 179.42mg (17.94%), Vitamin E: 2.35mg (15.66%), Selenium: 10.57µg (15.1%), Iron: 2.66mg (14.75%), Magnesium: 55.53mg (13.88%), Fiber: 3.17g (12.69%), Vitamin B1: 0.19mg (12.61%), Copper: 0.18mg (8.89%), Zinc: 1.22mg (8.14%), Potassium: 236.73mg (6.76%), Vitamin B2: 0.11mg (6.46%), Calcium: 52.49mg (5.25%), Folate: 20.75µg (5.19%), Vitamin B6: 0.07mg (3.66%), Vitamin B5: 0.35mg (3.48%), Vitamin B3: 0.58mg (2.9%), Vitamin K: 2.68µg (2.56%)