



Classic S'mores

 Gluten Free

READY IN



5 min.

SERVINGS



5

CALORIES



62 kcal

DESSERT

Ingredients

- 1.6 oz hershey'sâ[®] milk chocolate bar quartered
- 4 honey maid honey grahams (8 squares)
- 4 marshmallows jet-puffed toasted

Equipment

Directions

- Fill graham squares with marshmallows and chocolate to make 4 s'mores.

Nutrition Facts



■ PROTEIN 4.35% ■ FAT 33.53% ■ CARBS 62.12%

Properties

Glycemic Index:22.55, Glycemic Load:3.09, Inflammation Score:1, Nutrition Score:0.16565217515049%

Nutrients (% of daily need)

Calories: 61.63kcal (3.08%), Fat: 2.49g (3.83%), Saturated Fat: 1.45g (9.08%), Carbohydrates: 10.38g (3.46%), Net Carbohydrates: 10.16g (3.7%), Sugar: 8.64g (9.6%), Cholesterol: 2.11mg (0.7%), Sodium: 11.72mg (0.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.73g (1.45%), Calcium: 16.91mg (1.69%)