



Classic S'mores

 Gluten Free

READY IN



5 min.

SERVINGS



4

CALORIES



77 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:28.19, Glycemic Load:3.87, Inflammation Score:1, Nutrition Score:0.2060869552357%

Nutrients (% of daily need)

Calories: 77.04kcal (3.85%), Fat: 3.11g (4.79%), Saturated Fat: 1.82g (11.35%), Carbohydrates: 12.97g (4.32%), Net Carbohydrates: 12.7g (4.62%), Sugar: 10.8g (12%), Cholesterol: 2.64mg (0.88%), Sodium: 14.65mg (0.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.91g (1.82%), Calcium: 21.14mg (2.11%), Fiber: 0.27g (1.09%)