



Creamy Banana S'Mores

 Popular

READY IN



10 min.

SERVINGS



4

CALORIES



130 kcal

Ingredients

- 0.5 banana sliced
- 0.3 cup philadelphia chocolate cream cheese spread dark
- 4 graham crackers (8 squares)
- 4 marshmallows jet-puffed

Equipment

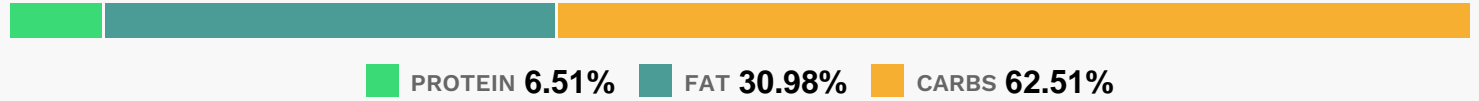
- microwave

Directions

Place 4 graham squares on microwaveable plate; top with marshmallows. Microwave on HIGH 15 to 20 sec. or until marshmallows are puffed.

Top remaining graham squares with cream cheese spread and banana slices; cover with marshmallow-topped grahams, marshmallow-sides down. Press together gently to secure.

Nutrition Facts



Properties

Glycemic Index:47.32, Glycemic Load:12.61, Inflammation Score:-1, Nutrition Score:1.8708695711001%

Flavonoids

Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 129.93kcal (6.5%), Fat: 4.54g (6.98%), Saturated Fat: 2.22g (13.84%), Carbohydrates: 20.6g (6.87%), Net Carbohydrates: 19.74g (7.18%), Sugar: 9.49g (10.55%), Cholesterol: 8.8mg (2.93%), Sodium: 163.84mg (7.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.14g (4.29%), Iron: 0.63mg (3.51%), Fiber: 0.87g (3.47%), Vitamin B6: 0.07mg (3.42%), Phosphorus: 32.08mg (3.21%), Vitamin B3: 0.63mg (3.16%), Magnesium: 12.38mg (3.1%), Calcium: 29.03mg (2.9%), Vitamin A: 144.22IU (2.88%), Vitamin B2: 0.04mg (2.61%), Vitamin B1: 0.04mg (2.44%), Folate: 9.46µg (2.37%), Potassium: 77.93mg (2.23%), Manganese: 0.04mg (2.02%), Zinc: 0.3mg (1.98%), Vitamin C: 1.28mg (1.56%), Copper: 0.02mg (1.12%)