



## Crispy S'more Bars

READY IN



70 min.

SERVINGS



10

CALORIES



344 kcal

DESSERT

### Ingredients

- 2 Tbsp butter
- 2 cups honey graham snacks bear-shaped
- 4 cups marshmallows jet-puffed miniature divided
- 3 cups rice cereal
- 2 oz baker's semi-sweet chocolate melted

### Equipment

- bowl
- frying pan

aluminum foil

microwave

## Directions

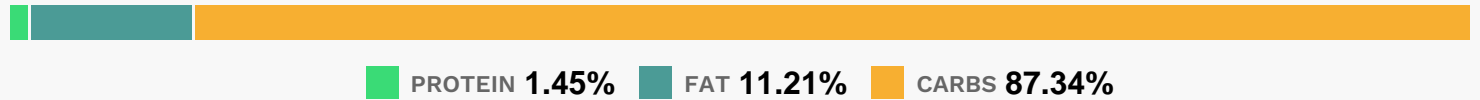
Line 9-inch square pan with foil, with ends of foil extending over sides; spray with cooking spray. Microwave butter in large microwaveable bowl on HIGH 30 sec. Stir in 2 cups marshmallows; microwave 45 sec. or until marshmallows are completely melted, stirring after 30 sec.

Add cereal, graham snacks and remaining marshmallows; mix well.

Press onto bottom of prepared pan; drizzle with chocolate.

Cool 1 hour. Use foil handles to lift dessert from pan before cutting into bars.

## Nutrition Facts



## Properties

Glycemic Index:16.28, Glycemic Load:38.96, Inflammation Score:-1, Nutrition Score:2.1108695618484%

## Nutrients (% of daily need)

Calories: 344.35kcal (17.22%), Fat: 4.57g (7.02%), Saturated Fat: 2.74g (17.11%), Carbohydrates: 80.02g (26.67%), Net Carbohydrates: 79.33g (28.85%), Sugar: 69.27g (76.96%), Cholesterol: 6.45mg (2.15%), Sodium: 37.82mg (1.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 4.88mg (1.63%), Protein: 1.33g (2.65%), Manganese: 0.13mg (6.55%), Copper: 0.13mg (6.4%), Iron: 0.85mg (4.72%), Magnesium: 13.47mg (3.37%), Selenium: 1.98µg (2.82%), Fiber: 0.69g (2.75%), Phosphorus: 26.34mg (2.63%), Vitamin B2: 0.04mg (2.62%), Folate: 10.27µg (2.57%), Zinc: 0.37mg (2.48%), Potassium: 75.58mg (2.16%), Vitamin B1: 0.03mg (1.79%), Vitamin B3: 0.34mg (1.72%), Vitamin A: 73.81IU (1.48%)