



Crowd-Pleasing Peanut Butter S'mores

 Dairy Free

READY IN



20 min.

SERVINGS



20

CALORIES



136 kcal

Ingredients

- 0.3 cup creamy peanut butter
- 15 graham crackers divided (30 squares)
- 30 marshmallows jet-puffed halved
- 4 oz baker's semi-sweet chocolate chopped

Equipment

- frying pan
- baking pan
- grill
- aluminum foil

Directions

- Heat grill to medium-low heat.
- Arrange 15 graham squares in single layer on bottom of 13x9-inch disposable foil baking pan; top each square with 4 marshmallow halves.
- Sprinkle with chocolate.
- Spread remaining graham squares with peanut butter; place, peanut butter-sides down, on top of graham squares in pan to make 15 s'mores. Cover pan with foil; place on rack of grill.
- Grill 4 to 6 min. or until marshmallows are puffed and chocolate begins to melt. Cool 5 min. before serving.

Nutrition Facts



Properties

Glycemic Index:7.43, Glycemic Load:10.92, Inflammation Score:-1, Nutrition Score:2.4904347611186%

Nutrients (% of daily need)

Calories: 136.41kcal (6.82%), Fat: 5.44g (8.37%), Saturated Fat: 1.85g (11.58%), Carbohydrates: 20.47g (6.82%), Net Carbohydrates: 19.44g (7.07%), Sugar: 11g (12.22%), Cholesterol: 0.34mg (0.11%), Sodium: 96.61mg (4.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 4.88mg (1.63%), Protein: 2.24g (4.47%), Manganese: 0.14mg (6.95%), Magnesium: 23.65mg (5.91%), Phosphorus: 51.37mg (5.14%), Vitamin B3: 1.02mg (5.12%), Copper: 0.1mg (5.11%), Iron: 0.89mg (4.95%), Fiber: 1.03g (4.11%), Zinc: 0.47mg (3.12%), Vitamin E: 0.43mg (2.83%), Folate: 8.63µg (2.16%), Potassium: 75.51mg (2.16%), Vitamin B2: 0.04mg (2.14%), Vitamin B1: 0.03mg (2.12%), Vitamin B6: 0.03mg (1.59%), Calcium: 14.23mg (1.42%), Selenium: 0.83µg (1.19%)