



Dark Chocolate S'mores

READY IN



45 min.

SERVINGS



4

CALORIES



1496 kcal

DESSERT

Ingredients

- 1 teaspoon double-acting baking powder
- 0.5 cup slightly butter unsalted cold cut into small cubes
- 1.3 cups confectioners' sugar
- 7 ounce bars bittersweet chocolate bars halved
- 0.5 cup dutch-process cocoa (recommended: Vahlrona)
- 2 tablespoons r honey
- 0.5 teaspoon kosher salt
- 12 marshmallows dark flavored (vanilla, chocolate or raspberry or combination of all)
- 2 tablespoons milk cold plus more if needed

- 0.5 cup raspberry preserves with seeds
- 3 tablespoons sugar in the raw
- 2 ounces unbleached flour all-purpose plus more for rolling
- 3.8 ounces flour whole-wheat

Equipment

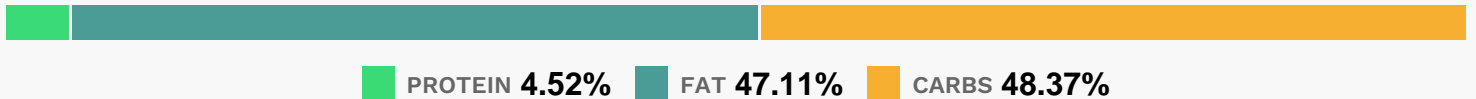
- bowl
- baking sheet
- baking paper
- oven
- whisk
- plastic wrap
- grill
- aluminum foil

Directions

- Watch how to make this recipe.
- Preheat a grill to medium.
- Spread the bottom side of each graham cracker with 1 tablespoon of the raspberry preserves and arrange on a flat surface, preserve side up. Put half a bar of the chocolate on top of the preserves on 4 of the crackers.
- Toast the marshmallows on sticks or hangers until golden brown on all sides and softened. Put 3 marshmallows on top of each of the crackers with the chocolate and top each with the remaining crackers, raspberry preserve side-down. Arrange them on sheets of foil and put them on the grill. Close the cover and grill until the chocolate just begins to melt, about 30 seconds.
- Serve immediately.
- Preheat the oven to 325 degrees F. Line 2 cookie sheets with parchment paper and spray lightly with nonstick spray.
- In a medium-sized bowl, whisk together the flours, salt, cocoa, sugar, and baking powder.

- Cut the butter into the flour mixture until small crumbs form. In a separate bowl, whisk together the honey and milk.
- Add the liquid to the dry ingredients and toss lightly with a fork until the dough comes together.
- Add additional milk, if necessary.
- Turn the dough out onto a well-floured surface and gently knead until smooth. Divide the dough in half. Cover with plastic wrap and chill in the refrigerator for 30 minutes.
- Work with half of the dough at a time, keeping the remaining dough covered.
- Transfer 1 piece of dough to a piece of parchment paper.
- Roll it out into a rectangle a bit larger than 10 by 14 inches and about 1/16-inch thick. Trim the edges and prick the dough evenly with a dough docker or fork.
- Transfer the dough to the baking sheet, sprinkle the top with half of the sugar and repeat with the remaining dough.
- Bake until slightly firm to the touch, about 12 to 15 minutes.
- Remove them from the oven, and immediately cut them into rectangles.
- Transfer them to a rack to cool

Nutrition Facts



Properties

Glycemic Index:83.82, Glycemic Load:35.33, Inflammation Score:-9, Nutrition Score:35.39652143354%

Flavonoids

Catechin: 6.97mg, Catechin: 6.97mg, Catechin: 6.97mg, Catechin: 6.97mg Epicatechin: 21.12mg, Epicatechin: 21.12mg, Epicatechin: 21.12mg, Epicatechin: 21.12mg Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg

Nutrients (% of daily need)

Calories: 1496.38kcal (74.82%), Fat: 80.38g (123.66%), Saturated Fat: 47.22g (295.15%), Carbohydrates: 185.72g (61.91%), Net Carbohydrates: 164.9g (59.96%), Sugar: 113.91g (126.57%), Cholesterol: 67.4mg (22.47%), Sodium: 442.53mg (19.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 134.59mg (44.86%), Protein: 17.34g (34.68%), Manganese: 3.92mg (195.85%), Copper: 2.69mg (134.7%), Magnesium: 375.84mg (93.96%), Iron: 16.67mg (92.59%), Fiber: 20.82g (83.28%), Phosphorus: 621.69mg (62.17%), Selenium: 34.23µg (48.91%), Zinc: 5.73mg

(38.2%), Potassium: 1216.81mg (34.77%), Vitamin B1: 0.31mg (20.66%), Calcium: 202.56mg (20.26%), Vitamin B3: 3.74mg (18.69%), Vitamin B2: 0.29mg (17.24%), Vitamin A: 781.2IU (15.62%), Vitamin K: 12.53µg (11.93%), Folate: 46.81µg (11.7%), Vitamin E: 1.71mg (11.4%), Vitamin B6: 0.19mg (9.62%), Vitamin B5: 0.82mg (8.24%), Vitamin B12: 0.41µg (6.89%), Vitamin C: 3.79mg (4.6%), Vitamin D: 0.51µg (3.39%)