



## Easy Grilled S'Mores

 Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



83 kcal

### Ingredients

- 4 graham crackers (8 squares)
- 4 marshmallows jet-puffed
- 0.5 cup baker's semi-sweet chocolate chunks

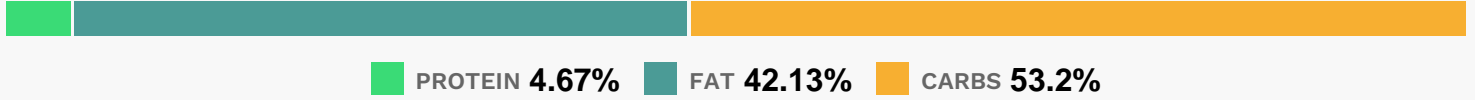
### Equipment

- grill
- aluminum foil

### Directions

- Heat grill to medium heat.
- Fill graham squares with remaining ingredients to make 4 s'mores; wrap each in heavy-duty foil.
- Grill 4 to 5 min. or until marshmallows are melted.

## Nutrition Facts



## Properties

Glycemic Index:13.45, Glycemic Load:4.39, Inflammation Score:-1, Nutrition Score:1.7308695523635%

## Nutrients (% of daily need)

Calories: 83.31kcal (4.17%), Fat: 3.92g (6.03%), Saturated Fat: 2.02g (12.6%), Carbohydrates: 11.13g (3.71%), Net Carbohydrates: 10.24g (3.72%), Sugar: 6.11g (6.79%), Cholesterol: 0.52mg (0.17%), Sodium: 40.02mg (1.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 7.53mg (2.51%), Protein: 0.98g (1.95%), Manganese: 0.12mg (5.81%), Copper: 0.11mg (5.68%), Magnesium: 18.76mg (4.69%), Iron: 0.79mg (4.39%), Fiber: 0.89g (3.57%), Phosphorus: 34.29mg (3.43%), Zinc: 0.34mg (2.28%), Potassium: 59.66mg (1.7%), Vitamin B3: 0.29mg (1.44%), Selenium: 0.78µg (1.12%), Vitamin B1: 0.02mg (1.04%), Vitamin B2: 0.02mg (1.04%)