



## Broiler S'mores

READY IN



8 min.

SERVINGS



4

CALORIES



197 kcal

DESSERT

### Ingredients

- 2 chocolate
- 4 graham crackers
- 12 marshmallows

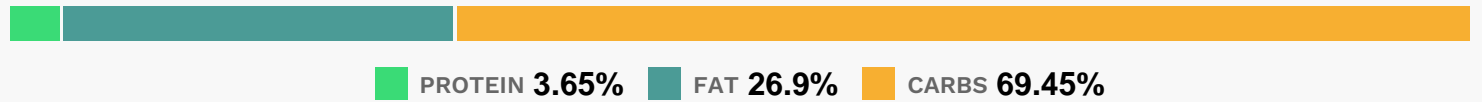
### Equipment

- frying pan
- oven
- aluminum foil
- broiler

## Directions

- Preheat the oven broiler. Line a small pan with aluminum foil and lightly coat with cooking spray.
- Break the graham crackers in half and lay 4 of the squares out on a serving plate. Break the candy bars in half and lay one piece on each of the graham crackers on the plate.
- Arrange the marshmallows in a single layer in the prepared pan.
- Broil the marshmallows until the tops brown, turn the marshmallows to brown the undersides. Keep a close eye on the marshmallows so they do not burn. They will brown very quickly.
- Remove the marshmallows from the pan and place three on each of the chocolate squares. Top with the remaining graham cracker halves.

## Nutrition Facts



## Properties

Glycemic Index:44.28, Glycemic Load:21.13, Inflammation Score:-1, Nutrition Score:2.2565217601216%

## Nutrients (% of daily need)

Calories: 197.12kcal (9.86%), Fat: 6.23g (9.58%), Saturated Fat: 3.04g (19.01%), Carbohydrates: 36.2g (12.07%), Net Carbohydrates: 34.93g (12.7%), Sugar: 22.52g (25.03%), Cholesterol: 0mg (0%), Sodium: 111.3mg (4.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 9.24mg (3.08%), Protein: 1.9g (3.81%), Magnesium: 24.5mg (6.13%), Iron: 1.01mg (5.63%), Copper: 0.1mg (5.25%), Fiber: 1.27g (5.07%), Phosphorus: 50.54mg (5.05%), Vitamin B2: 0.07mg (3.97%), Manganese: 0.07mg (3.54%), Zinc: 0.49mg (3.27%), Vitamin B3: 0.64mg (3.2%), Vitamin B1: 0.03mg (2.33%), Potassium: 66.43mg (1.9%), Folate: 7.07µg (1.77%), Calcium: 15.05mg (1.5%), Selenium: 0.75µg (1.07%), Vitamin B6: 0.02mg (1.03%)