

Fireside S'Mores

 Popular

READY IN



10 min.

SERVINGS



4

CALORIES



197 kcal

DESSERT

Ingredients

- ☐ 8 graham cracker squares
- ☐ 3.1 oz chocolate halved
- ☐ 4 large marshmallows
- ☐ 4 long breadsticks

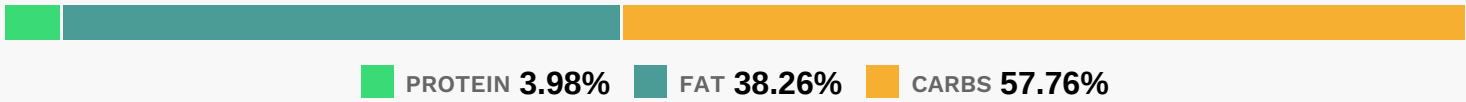
Equipment

- ☐ grill

Directions

- ☐ On each of 4 graham cracker squares, place candy bar half.
- ☐ Spear each marshmallow on long-handled fork; toast over campfire coals or over grill with low heat.
- ☐ Place 1 toasted marshmallow on top of each chocolate bar. Top each with cracker; press together and hold for a few seconds to melt chocolate.

Nutrition Facts



Properties

Glycemic Index:54.78, Glycemic Load:16.42, Inflammation Score:-1, Nutrition Score:2.9447825661172%

Nutrients (% of daily need)

Calories: 196.72kcal (9.84%), Fat: 8.94g (13.76%), Saturated Fat: 4.64g (28.98%), Carbohydrates: 30.38g (10.13%), Net Carbohydrates: 28.65g (10.42%), Sugar: 18.59g (20.65%), Cholesterol: 0mg (0%), Sodium: 101.44mg (4.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 14.5mg (4.83%), Protein: 2.09g (4.18%), Magnesium: 33.76mg (8.44%), Copper: 0.14mg (7%), Fiber: 1.72g (6.89%), Iron: 1.21mg (6.74%), Phosphorus: 63.03mg (6.3%), Manganese: 0.12mg (5.91%), Vitamin B2: 0.09mg (5.12%), Zinc: 0.62mg (4.12%), Vitamin B3: 0.7mg (3.49%), Potassium: 91.08mg (2.6%), Vitamin B1: 0.04mg (2.49%), Selenium: 1.37µg (1.95%), Folate: 7.35µg (1.84%), Calcium: 16.75mg (1.68%), Vitamin K: 1.39µg (1.32%), Vitamin B6: 0.03mg (1.25%)