



Frozen S'Mores Pops

READY IN



260 min.

SERVINGS



18

CALORIES



201 kcal

Ingredients

- 8 oz philadelphia cream cheese softened
- 9 graham crackers (18 squares)
- 3.9 oz jell-o chocolate flavor pudding instant
- 1 cup marshmallows jet-puffed miniature
- 1.3 cups milk 2% cold
- 4 oz baker's semi-sweet chocolate melted
- 0.7 cup condensed milk sweetened canned
- 1.5 cups cool whip whipped topping thawed

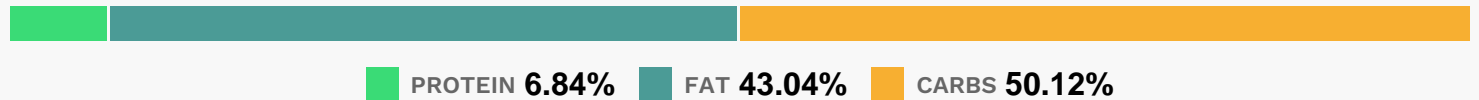
Equipment

- bowl
- frying pan
- blender
- serrated knife

Directions

- Mix melted chocolate and condensed milk; set aside. Beat cream cheese in large bowl with mixer until creamy. Gradually beat in 2% milk.
- Add dry pudding mix; beat 2 min. Stir in COOL WHIP and marshmallows.
- Spread bottoms of graham squares with chocolate mixture.
- Place 9 squares, chocolate-sides up, in 9-inch square pan. Cover with pudding mixture and remaining graham squares, chocolate-sides down. Freeze 4 hours.
- Remove dessert from freezer 5 min. before serving.
- Let stand at room temperature to soften slightly. Use serrated knife to cut dessert into 18 bars, following lines in top crackers. Insert wooden pop stick into end of each frozen bar just before serving.

Nutrition Facts



Properties

Glycemic Index:12.36, Glycemic Load:9.08, Inflammation Score:-2, Nutrition Score:3.7352173924446%

Nutrients (% of daily need)

Calories: 200.88kcal (10.04%), Fat: 9.7g (14.92%), Saturated Fat: 5.63g (35.18%), Carbohydrates: 25.42g (8.47%), Net Carbohydrates: 24.45g (8.89%), Sugar: 18.63g (20.7%), Cholesterol: 18.39mg (6.13%), Sodium: 202.92mg (8.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 5.85mg (1.95%), Protein: 3.47g (6.93%), Phosphorus: 97.02mg (9.7%), Vitamin B2: 0.14mg (7.96%), Calcium: 78.77mg (7.88%), Magnesium: 24.36mg (6.09%), Selenium: 4.05µg (5.79%), Copper: 0.11mg (5.54%), Manganese: 0.11mg (5.53%), Iron: 0.82mg (4.54%), Vitamin A: 223.97IU (4.48%), Potassium: 150.68mg (4.31%), Zinc: 0.6mg (3.98%), Fiber: 0.97g (3.86%), Vitamin B12: 0.19µg (3.14%), Vitamin B1: 0.04mg (2.62%), Vitamin B5: 0.24mg (2.36%), Vitamin B3: 0.39mg (1.95%), Folate: 6.82µg (1.7%), Vitamin B6: 0.03mg (1.51%), Vitamin E: 0.2mg (1.36%), Vitamin K: 1.11µg (1.06%)