



Fudgy S'mores Bars

 Dairy Free

READY IN



95 min.

SERVINGS



32

CALORIES



116 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon baking soda
- ☐ 0.8 cup brown sugar packed
- ☐ 0.5 cup butter softened
- ☐ 0.5 cup flour all-purpose
- ☐ 0.3 cup cream sauce hot
- ☐ 1 cup graham cracker crumbs (12 squares)
- ☐ 0.8 cup m&m candies
- ☐ 4 cups marshmallows miniature

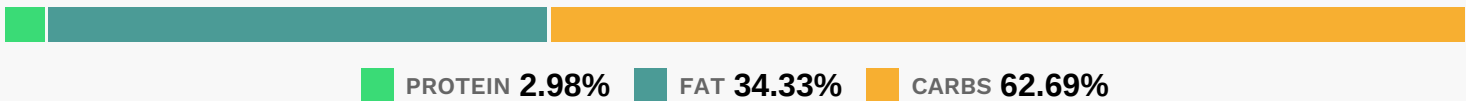
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ hand mixer

Directions

- ☐ Heat oven to 350F. Grease 13x9-inch pan with shortening. In large bowl, beat all crust ingredients with electric mixer on low speed until coarse crumbs form. Press mixture in bottom of pan.
- ☐ Bake 10 to 12 minutes or until golden brown.
- ☐ Remove partially baked crust from oven.
- ☐ Sprinkle marshmallows over crust. Return to oven; bake 1 to 2 minutes longer or until marshmallows begin to puff.
- ☐ Remove pan from oven.
- ☐ Sprinkle chocolate pieces evenly over marshmallows.
- ☐ Drizzle warm ice cream topping over top. Cool completely, about 1 hour.
- ☐ Cut into bars.

Nutrition Facts



Properties

Glycemic Index:6.55, Glycemic Load:5.56, Inflammation Score:-1, Nutrition Score:0.92782607739386%

Nutrients (% of daily need)

Calories: 116kcal (5.8%), Fat: 4.5g (6.92%), Saturated Fat: 1.44g (9%), Carbohydrates: 18.49g (6.16%), Net Carbohydrates: 18.14g (6.6%), Sugar: 13.09g (14.54%), Cholesterol: 0.75mg (0.25%), Sodium: 85.86mg (3.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.88g (1.76%), Vitamin A: 137.84IU (2.76%), Iron: 0.34mg (1.89%), Vitamin B1: 0.02mg (1.5%), Calcium: 14.72mg (1.47%), Fiber: 0.35g (1.39%), Manganese: 0.03mg (1.3%), Selenium: 0.88µg (1.26%), Folate: 5.03µg (1.26%), Vitamin E: 0.17mg (1.16%), Vitamin B3: 0.23mg (1.16%), Vitamin B2: 0.02mg

(1.15%), Phosphorus: 11.24mg (1.12%), Copper: 0.02mg (1.02%)