



## German Chocolate S'mores

READY IN



15 min.

SERVINGS



15

CALORIES



46 kcal

### Ingredients

- 0.3 cup ready-to-spread chocolate frosting
- 4 tsp baker's angel flake coconut
- 4 graham crackers (8 squares)
- 4 marshmallows jet-puffed
- 4 tsp planters pecans toasted chopped

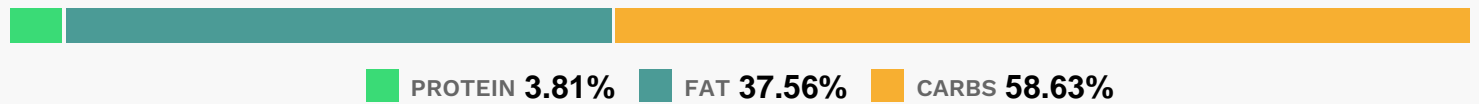
### Equipment

- baking pan
- broiler

## Directions

- Preheat broiler.
- Spread frosting evenly on one side of each graham square.
- Sprinkle 4 of the squares evenly with pecans; press pecans lightly into frosting to secure.
- Sprinkle coconut evenly over the remaining frosted graham squares; press coconut lightly into frosting to secure. Set aside.
- Place marshmallows in shallow baking pan. Broil to desired doneness.
- Top each pecan-topped graham square with 1 marshmallow; cover with coconut-covered graham square to make sandwich.

## Nutrition Facts



## Properties

Glycemic Index:9.63, Glycemic Load:2.93, Inflammation Score:-1, Nutrition Score:0.6908695658102%

## Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg

## Nutrients (% of daily need)

Calories: 45.85kcal (2.29%), Fat: 1.98g (3.05%), Saturated Fat: 0.49g (3.04%), Carbohydrates: 6.95g (2.32%), Net Carbohydrates: 6.65g (2.42%), Sugar: 4.17g (4.63%), Cholesterol: 0mg (0%), Sodium: 33.09mg (1.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.45g (0.9%), Manganese: 0.06mg (3.23%), Phosphorus: 14.17mg (1.42%), Iron: 0.25mg (1.38%), Copper: 0.03mg (1.27%), Fiber: 0.31g (1.23%), Magnesium: 4.56mg (1.14%), Vitamin B1: 0.02mg (1.08%)