



Glacier S'more

 Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



502 kcal

Ingredients

- ☐ 1 slices banana fresh
- ☐ 1 serving nutella with cocoa
- ☐ 1 serving cereal dark nature valley®
- ☐ 1 serving marshmallows

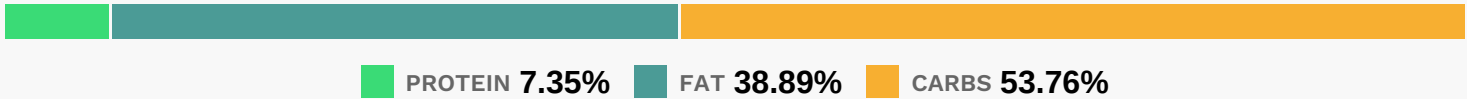
Equipment

- ☐ grill

Directions

- ☐
- Spear 1 large marshmallow on long-handled fork; toast over campfire coals or over grill on low heat.
- ☐
- For each s'more, place toasted marshmallow on chocolate side of 1 granola thin. Meanwhile, top chocolate side of 1 additional granola thin with 1 teaspoon hazelnut spread and 3 slices fresh banana. Press marshmallow and banana sides together; hold a few seconds to melt chocolate.

Nutrition Facts



Properties

Glycemic Index:144.61, Glycemic Load:8.45, Inflammation Score:-4, Nutrition Score:15.040869463397%

Flavonoids

Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 501.72kcal (25.09%), Fat: 22.04g (33.9%), Saturated Fat: 11.88g (74.25%), Carbohydrates: 68.54g (22.85%), Net Carbohydrates: 62.95g (22.89%), Sugar: 34.96g (38.85%), Cholesterol: 0mg (0%), Sodium: 36.26mg (1.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.37g (18.75%), Manganese: 2mg (99.96%), Vitamin E: 4.2mg (28%), Iron: 4.32mg (23.99%), Phosphorus: 239.18mg (23.92%), Fiber: 5.59g (22.35%), Magnesium: 83.53mg (20.88%), Copper: 0.36mg (18.19%), Selenium: 12.06µg (17.23%), Vitamin B1: 0.23mg (15.03%), Potassium: 444.6mg (12.7%), Zinc: 1.64mg (10.91%), Vitamin B2: 0.18mg (10.85%), Calcium: 93.25mg (9.32%), Vitamin B6: 0.16mg (8.11%), Folate: 29.13µg (7.28%), Vitamin B5: 0.53mg (5.33%), Vitamin B3: 0.84mg (4.22%), Vitamin K: 3.47µg (3.3%), Vitamin B12: 0.14µg (2.38%), Vitamin C: 1.45mg (1.76%)