



Gluten-Free S'more Bars

 Gluten Free

READY IN



215 min.

SERVINGS



24

CALORIES



147 kcal

DESSERT

Ingredients

- ☐ 0.5 cup brown sugar packed
- ☐ 1 large eggs
- ☐ 0.8 cup flour gluten-free
- ☐ 5 graham cracker sheets gluten-free
- ☐ 6 tablespoons cup heavy whipping cream
- ☐ 2 cups marshmallows miniature
- ☐ 8 ounce bittersweet chocolate chopped
- ☐ 0.3 cup butter unsalted chilled cut into 1/2-inch pieces

Equipment

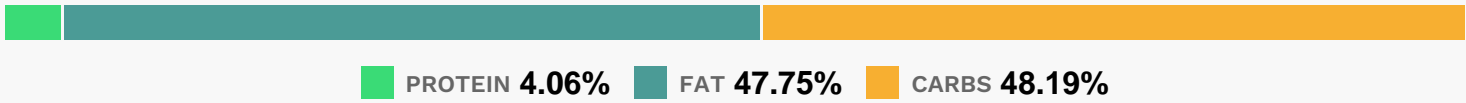
- ☐ food processor
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ baking pan
- ☐ aluminum foil
- ☐ measuring cup
- ☐ cutting board

Directions

- ☐ Preheat oven to 350.
- ☐ Line an 8-inch square metal baking pan with aluminum foil, allowing foil to extend over edge of pan.
- ☐ Place graham crackers in a food processor; process until finely ground. Weigh or lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Add flour and sugar to crumbs; pulse until combined.
- ☐ Add butter; pulse 15 times or until blended.
- ☐ Add egg; process until moist. Press crumb mixture into bottom of prepared pan.
- ☐ Bake at 350 for 15 minutes. Cool completely in pan on a wire rack.
- ☐ Cook cream in a heavy saucepan over medium-high heat to 180 or until tiny bubbles form around edge (do not boil).
- ☐ Remove from heat.
- ☐ Add chocolate, stirring until smooth. Fold in marshmallows.
- ☐ Spread chocolate mixture over cooled crust. Cover and chill 2 hours and 30 minutes or until firm. Holding edges of foil, lift mixture from pan, and carefully peel off foil.
- ☐ Place on a cutting board.

- ☐
- Cut into bars.
- ☐
- Kids Can Help: My kids love pressing the crumb mixture into the pan, and then melting the chocolate and stirring in the marshmallows.

Nutrition Facts



Properties

Glycemic Index:2.52, Glycemic Load:2.05, Inflammation Score:-1, Nutrition Score:2.1034782839048%

Nutrients (% of daily need)

Calories: 147.23kcal (7.36%), Fat: 7.97g (12.26%), Saturated Fat: 4.6g (28.73%), Carbohydrates: 18.09g (6.03%), Net Carbohydrates: 16.85g (6.13%), Sugar: 11.39g (12.66%), Cholesterol: 19.49mg (6.5%), Sodium: 20.9mg (0.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 8.13mg (2.71%), Protein: 1.52g (3.05%), Manganese: 0.13mg (6.46%), Copper: 0.13mg (6.32%), Fiber: 1.24g (4.94%), Iron: 0.88mg (4.9%), Magnesium: 17.69mg (4.42%), Phosphorus: 31.95mg (3.2%), Vitamin A: 130.19IU (2.6%), Selenium: 1.7µg (2.42%), Zinc: 0.29mg (1.94%), Potassium: 66.89mg (1.91%), Calcium: 18.35mg (1.83%), Vitamin B2: 0.02mg (1.3%), Vitamin E: 0.17mg (1.11%)