



Golden Graham's™ S'mores

READY IN



85 min.

SERVINGS



24

CALORIES



164 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 5 tablespoons butter
- 8 cups corn flakes/bran flakes
- 10 oz marshmallows miniature ()
- 9 oz milk chocolate chips
- 0.3 cup sugar
- 1 teaspoon vanilla
- 1 tablespoon water

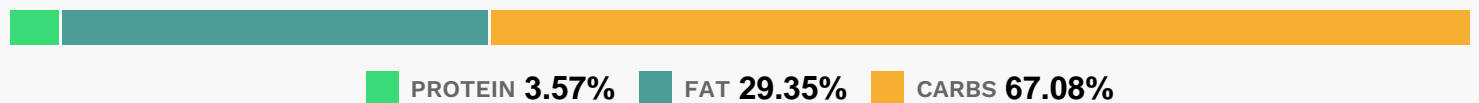
Equipment

- bowl
- frying pan
- sauce pan

Directions

- Grease 13x9-inch pan with butter. Measure cereal into large bowl.
- Reserve 1 cup of the marshmallows. In 3-quart saucepan, heat remaining 4 1/2 cups marshmallows, the chocolate chips, butter, sugar and water over low heat, stirring occasionally, until completely melted.
- Remove from heat; stir in vanilla.
- Pour marshmallow mixture over cereal in bowl; stir until evenly coated. Stir in remaining 1 cup marshmallows.
- Press firmly in pan. Cool at least 1 hour until firm. For bars, cut into 6 rows by 4 rows. Store loosely covered at room temperature.

Nutrition Facts



Properties

Glycemic Index:8.45, Glycemic Load:13.25, Inflammation Score:-6, Nutrition Score:8.0247826347047%

Nutrients (% of daily need)

Calories: 163.92kcal (8.2%), Fat: 5.7g (8.76%), Saturated Fat: 2.45g (15.29%), Carbohydrates: 29.29g (9.76%), Net Carbohydrates: 26.84g (9.76%), Sugar: 17.46g (19.4%), Cholesterol: 0mg (0%), Sodium: 109.02mg (4.74%), Alcohol: 0.06g (100%), Alcohol %: 0.17% (100%), Protein: 1.56g (3.12%), Manganese: 0.48mg (23.86%), Folate: 89.08µg (22.27%), Iron: 3.76mg (20.9%), Vitamin B1: 0.17mg (11.58%), Vitamin B6: 0.23mg (11.37%), Vitamin B3: 2.24mg (11.19%), Vitamin B12: 0.67µg (11.16%), Vitamin B2: 0.19mg (11.08%), Selenium: 7.21µg (10.3%), Fiber: 2.45g (9.81%), Vitamin A: 437.66IU (8.75%), Magnesium: 30.88mg (7.72%), Phosphorus: 61.49mg (6.15%), Zinc: 0.67mg (4.48%), Copper: 0.08mg (3.92%), Potassium: 103.54mg (2.96%), Vitamin D: 0.44µg (2.93%), Calcium: 14.75mg (1.47%), Vitamin E: 0.19mg (1.29%), Vitamin B5: 0.12mg (1.19%)