



## Golden Grahams® S'mores

 Popular

READY IN



70 min.

SERVINGS



24

CALORIES



165 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- ☐ 5 tablespoons butter
- ☐ 8 cups corn flakes/bran flakes golden grahams®
- ☐ 0.3 cup plus light
- ☐ 5 cups marshmallows miniature
- ☐ 1.5 cups milk chocolate chips
- ☐ 1 teaspoon vanilla

### Equipment

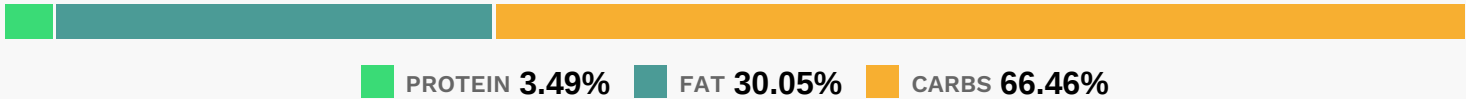
- ☐ bowl

- ☐ frying pan
- ☐ microwave

## Directions

- ☐ Into large bowl, measure cereal. Butter 13x9-inch pan. In large microwavable bowl, microwave 5 cups marshmallows, the chocolate chips, corn syrup and butter uncovered on High 2 minutes to 3 minutes 30 seconds, stirring after every minute, until melted and smooth when stirred. Stir in vanilla.
- ☐ Pour over cereal; quickly toss until completely coated. Stir in 1 cup marshmallows.
- ☐ Press mixture evenly in pan, using buttered back of spoon.
- ☐ Let stand uncovered at least 1 hour, or refrigerate if you prefer a firmer bar. For bars, cut into 6 rows by 4 rows. Store loosely covered at room temperature up to 2 days.

## Nutrition Facts



## Properties

Glycemic Index:6.32, Glycemic Load:11.63, Inflammation Score:-6, Nutrition Score:8.0330435585878%

## Nutrients (% of daily need)

Calories: 164.61kcal (8.23%), Fat: 5.87g (9.03%), Saturated Fat: 2.56g (15.97%), Carbohydrates: 29.21g (9.74%), Net Carbohydrates: 26.76g (9.73%), Sugar: 17.66g (19.62%), Cholesterol: 0mg (0%), Sodium: 110.05mg (4.78%), Alcohol: 0.06g (100%), Alcohol %: 0.17% (100%), Protein: 1.53g (3.07%), Manganese: 0.48mg (23.85%), Folate: 89.07µg (22.27%), Iron: 3.76mg (20.87%), Vitamin B1: 0.18mg (11.72%), Vitamin B6: 0.23mg (11.36%), Vitamin B3: 2.24mg (11.18%), Vitamin B12: 0.67µg (11.16%), Vitamin B2: 0.19mg (11.06%), Selenium: 7.2µg (10.29%), Fiber: 2.45g (9.8%), Vitamin A: 437.66IU (8.75%), Magnesium: 30.88mg (7.72%), Phosphorus: 61.38mg (6.14%), Zinc: 0.69mg (4.58%), Copper: 0.08mg (3.84%), Potassium: 105.24mg (3.01%), Vitamin D: 0.44µg (2.93%), Calcium: 15.57mg (1.56%), Vitamin E: 0.19mg (1.29%), Vitamin B5: 0.12mg (1.19%)