



Golden Graham's™ S'mores



Gluten Free



Popular

READY IN



85 min.

SERVINGS



24

CALORIES



140 kcal

DESSERT

Ingredients

- ☐ 8 cups golden beets
- ☐ 10 oz marshmallows miniature ()
- ☐ 9 oz milk chocolate chips
- ☐ 5 tablespoons butter
- ☐ 0.3 cup sugar
- ☐ 1 tablespoon water
- ☐ 1 teaspoon vanilla

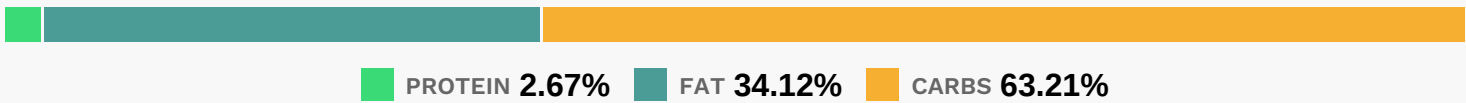
Equipment

- ☐ 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:8.11, Glycemic Load:9.22, Inflammation Score:-2, Nutrition Score:2.3456522001197%

Flavonoids

Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 139.68kcal (6.98%), Fat: 5.49g (8.45%), Saturated Fat: 2.4g (15.03%), Carbohydrates: 22.89g (7.63%), Net Carbohydrates: 21.61g (7.86%), Sugar: 18.04g (20.05%), Cholesterol: 0mg (0%), Sodium: 72.38mg (3.15%), Alcohol: 0.06g (100%), Alcohol %: 0.1% (100%), Protein: 0.97g (1.94%), Folate: 49.56µg (12.39%), Manganese: 0.15mg (7.53%), Potassium: 179.81mg (5.14%), Fiber: 1.28g (5.12%), Vitamin C: 2.23mg (2.7%), Magnesium: 10.78mg (2.69%), Vitamin A: 119.29IU (2.39%), Copper: 0.05mg (2.29%), Iron: 0.39mg (2.17%), Phosphorus: 19.76mg (1.98%), Calcium: 16.13mg (1.61%), Vitamin B6: 0.03mg (1.55%), Vitamin B2: 0.02mg (1.17%), Zinc: 0.16mg (1.09%)