



## Hazelnut-Sugar Cookie S'mores

 Gluten Free  Dairy Free

READY IN



12 min.

SERVINGS



4

CALORIES



115 kcal

DESSERT

### Ingredients

- 2 tablespoons nutella (such as Nutella)
- 2 tablespoons apricot dried finely chopped
- 4 teaspoons hazelnuts toasted chopped
- 16 marshmallows miniature
- 8 sugar rectangular (such as Pepperidge Farm Bordeaux)

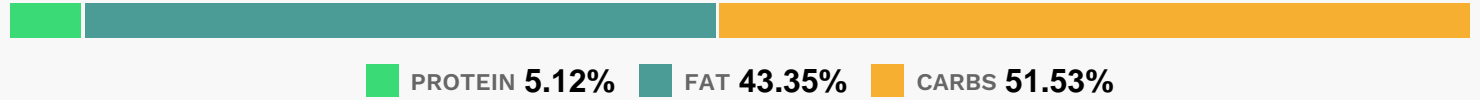
### Equipment

- microwave

## Directions

- Spread 1/2 tablespoon chocolate-hazelnut spread on each of 4 cookies; sprinkle each with 1/2 tablespoon apricots and 4 marshmallows.
- Place on a microwave-safe plate; microwave at HIGH 20 seconds or until marshmallows puff.
- Sprinkle evenly with hazelnuts, and top with remaining cookies.

## Nutrition Facts



## Properties

Glycemic Index:52.08, Glycemic Load:5.74, Inflammation Score:-3, Nutrition Score:3.6504348127738%

## Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg

## Nutrients (% of daily need)

Calories: 115.23kcal (5.76%), Fat: 5.79g (8.91%), Saturated Fat: 2.85g (17.81%), Carbohydrates: 15.49g (5.16%), Net Carbohydrates: 13.97g (5.08%), Sugar: 12.77g (14.18%), Cholesterol: 0mg (0%), Sodium: 6.79mg (0.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.54g (3.08%), Manganese: 0.4mg (20.12%), Vitamin E: 1.52mg (10.12%), Copper: 0.16mg (7.82%), Fiber: 1.52g (6.08%), Vitamin A: 267.72IU (5.35%), Iron: 0.84mg (4.67%), Potassium: 157.11mg (4.49%), Magnesium: 16.38mg (4.09%), Phosphorus: 33.83mg (3.38%), Vitamin B1: 0.04mg (2.71%), Vitamin B6: 0.05mg (2.3%), Calcium: 19.78mg (1.98%), Folate: 7.63µg (1.91%), Zinc: 0.25mg (1.66%), Vitamin B3: 0.32mg (1.61%), Vitamin B2: 0.03mg (1.6%), Vitamin B5: 0.12mg (1.17%), Vitamin K: 1.1µg (1.05%)