



WHATSheATE



Indoor Peanut S'mores



Dairy Free

READY IN



27 min.

SERVINGS



1

CALORIES



2487 kcal

DESSERT

Ingredients

- ☐ 18 graham cracker squares
- ☐ 1.5 cups marshmallows miniature
- ☐ 0.5 cup peanut butter
- ☐ 0.5 cup roasted peanuts salted chopped
- ☐ 0.5 cup semi chocolate chips

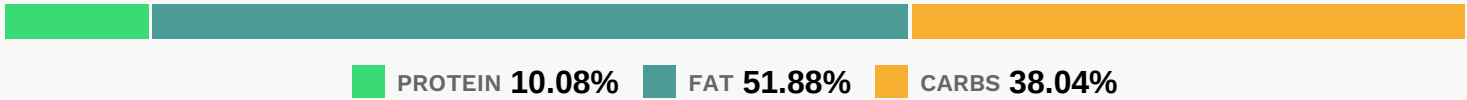
Equipment

- ☐ microwave

Directions

- ☐ Spread peanut butter over 1 side of each graham cracker.
- ☐ Place 9 of the graham crackers, peanut butter sides up, in square microwavable dish, 8x8x2 inches.
- ☐ Sprinkle marshmallows evenly over crackers.
- ☐ Sprinkle peanuts and chocolate chips over marshmallows. Top with remaining graham crackers, peanut butter sides down.
- ☐ Microwave uncovered on High 1 to 2 minutes or until marshmallows are very soft. Cool at least 15 minutes.
- ☐ Cut each square in half.

Nutrition Facts



Properties

Glycemic Index:148.5, Glycemic Load:107.88, Inflammation Score:-10, Nutrition Score:51.14782593043%

Nutrients (% of daily need)

Calories: 2486.64kcal (124.33%), Fat: 148.95g (229.15%), Saturated Fat: 40.38g (252.37%), Carbohydrates: 245.67g (81.89%), Net Carbohydrates: 221.42g (80.52%), Sugar: 118.76g (131.96%), Cholesterol: 5.4mg (1.8%), Sodium: 1768.84mg (76.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 77.4mg (25.8%), Protein: 65.14g (130.28%), Manganese: 4.81mg (240.44%), Vitamin B3: 33.63mg (168.17%), Magnesium: 574.89mg (143.72%), Phosphorus: 1214.34mg (121.43%), Copper: 2.26mg (112.9%), Fiber: 24.25g (96.99%), Iron: 14.96mg (83.11%), Vitamin E: 12.28mg (81.89%), Folate: 261.63µg (65.41%), Zinc: 9.6mg (63.97%), Potassium: 2031.11mg (58.03%), Vitamin B1: 0.73mg (48.42%), Vitamin B6: 0.92mg (45.92%), Vitamin B2: 0.66mg (38.57%), Calcium: 293.8mg (29.38%), Selenium: 19.6µg (28%), Vitamin B5: 2.66mg (26.57%), Vitamin K: 6.87µg (6.54%), Vitamin B12: 0.16µg (2.7%)