



Indoor Peanut S'mores

 Dairy Free

READY IN



27 min.

SERVINGS



4

CALORIES



622 kcal

DESSERT

Ingredients

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

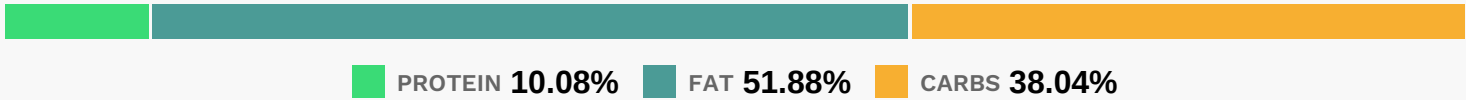
Equipment

- ☐ 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:37.13, Glycemic Load:26.97, Inflammation Score:-6, Nutrition Score:15.902174028366%

Nutrients (% of daily need)

Calories: 621.66kcal (31.08%), Fat: 37.24g (57.29%), Saturated Fat: 10.09g (63.09%), Carbohydrates: 61.42g (20.47%), Net Carbohydrates: 55.36g (20.13%), Sugar: 29.69g (32.99%), Cholesterol: 1.35mg (0.45%), Sodium: 442.21mg (19.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 19.35mg (6.45%), Protein: 16.28g (32.57%), Manganese: 1.2mg (60.11%), Vitamin B3: 8.41mg (42.04%), Magnesium: 143.72mg (35.93%), Phosphorus: 303.58mg (30.36%), Copper: 0.56mg (28.23%), Fiber: 6.06g (24.25%), Iron: 3.74mg (20.78%), Vitamin E: 3.07mg (20.47%), Folate: 65.41µg (16.35%), Zinc: 2.4mg (15.99%), Potassium: 507.78mg (14.51%), Vitamin B1: 0.18mg (12.1%), Vitamin B6: 0.23mg (11.48%), Vitamin B2: 0.16mg (9.64%), Calcium: 73.45mg (7.34%), Selenium: 4.9µg (7%), Vitamin B5: 0.66mg (6.64%), Vitamin K: 1.72µg (1.63%)