



WHATSheATE



Indoor S'more Sundae

♡ Popular

READY IN



71 min.

SERVINGS



4

CALORIES



497 kcal

DESSERT

Ingredients

- ☐ 3 tablespoons butter melted
- ☐ 0.5 teaspoon cinnamon
- ☐ 0.8 cup graham cracker crumbs whole 5 graham crackers
- ☐ 1.5 cups marshmallows mini
- ☐ 4 servings salt
- ☐ 0.5 cup semi chocolate chips
- ☐ 2 tablespoons sugar
- ☐ 4 scoops whipped cream

☐ 2 tablespoons milk whole

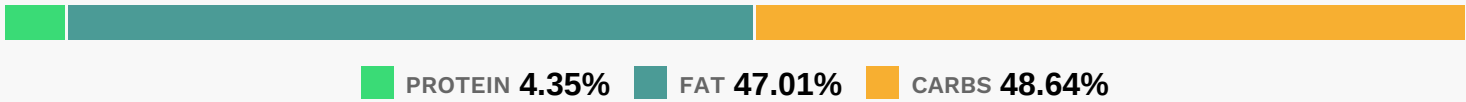
Equipment

- ☐ bowl
- ☐ ramekin
- ☐ broiler
- ☐ microwave
- ☐ muffin tray

Directions

- ☐ Watch how to make this recipe.
- ☐ Mix the graham cracker crumbs, butter, sugar, cinnamon and a sprinkle of salt together in a bowl. Firmly press the crust into muffin tins to make individual crusts. Top each crust with a scoop of vanilla ice cream. Press the mini marshmallows into the ice cream, covering the scoop completely. You will have 4 s'more "domes". Freeze at least 1 hour. For the quick chocolate sauce: Immediately before serving, heat the broiler to low. Toss the chocolate chips with the milk in a ramekin or small bowl and microwave 30 seconds, stir until smooth and set aside.
- ☐ Place the s'more domes under the broiler until marshmallows brown, about 30 seconds. Watch them constantly as they burn easily.
- ☐ Place each s'more on a plate and drizzle with the chocolate sauce.

Nutrition Facts



Properties

Glycemic Index:89.65, Glycemic Load:31.24, Inflammation Score:-5, Nutrition Score:8.016956458921%

Nutrients (% of daily need)

Calories: 496.8kcal (24.84%), Fat: 26.27g (40.42%), Saturated Fat: 15.23g (95.2%), Carbohydrates: 61.15g (20.38%), Net Carbohydrates: 58.2g (21.16%), Sugar: 43.03g (47.82%), Cholesterol: 53.87mg (17.96%), Sodium: 438.08mg (19.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 19.35mg (6.45%), Protein: 5.47g (10.94%), Manganese: 0.35mg (17.48%), Phosphorus: 171.37mg (17.14%), Copper: 0.32mg (16.02%), Magnesium: 59.77mg

(14.94%), Vitamin B2: 0.22mg (13.09%), Calcium: 125.86mg (12.59%), Iron: 2.2mg (12.24%), Fiber: 2.95g (11.8%), Vitamin A: 564.39IU (11.29%), Zinc: 1.41mg (9.4%), Potassium: 302.74mg (8.65%), Vitamin B12: 0.36µg (5.94%), Selenium: 3.69µg (5.27%), Vitamin B1: 0.08mg (5.01%), Vitamin B5: 0.49mg (4.92%), Vitamin B3: 0.89mg (4.45%), Vitamin E: 0.58mg (3.89%), Vitamin B6: 0.06mg (3.05%), Folate: 11.06µg (2.77%), Vitamin K: 2.65µg (2.53%), Vitamin D: 0.21µg (1.43%)