



Indoor S'mores

READY IN



45 min.

SERVINGS



6

CALORIES



330 kcal

DESSERT

Ingredients

- ☐ 6.2 ounce milk chocolate candy bars
- ☐ 8 graham cracker sheets (32 crackers)
- ☐ 0.8 cup marshmallows miniature
- ☐ 4.6 ounce vanilla pudding mix

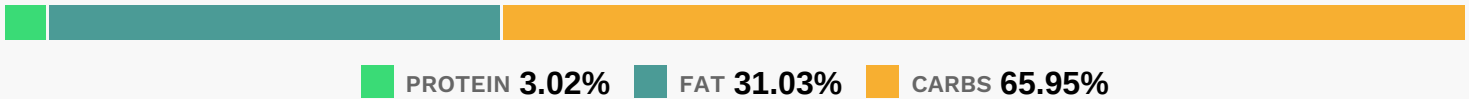
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Cook pudding according to package directions.
- ☐ Arrange 4 graham cracker sheets in an 8-inch square pan. Top with 2 candy bars and half of pudding. Repeat layers.
- ☐ Sprinkle with miniature marshmallows.
- ☐ Bake at 350 for 10 minutes or until lightly browned.

Nutrition Facts



Properties

Glycemic Index:29.52, Glycemic Load:19.98, Inflammation Score:-2, Nutrition Score:3.8352174117513%

Nutrients (% of daily need)

Calories: 329.92kcal (16.5%), Fat: 11.98g (18.44%), Saturated Fat: 6.2g (38.73%), Carbohydrates: 57.32g (19.11%), Net Carbohydrates: 54.94g (19.98%), Sugar: 40.22g (44.69%), Cholesterol: 0mg (0%), Sodium: 270.72mg (11.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 19.33mg (6.44%), Protein: 2.63g (5.25%), Magnesium: 44.24mg (11.06%), Fiber: 2.38g (9.53%), Copper: 0.18mg (9.22%), Iron: 1.61mg (8.95%), Phosphorus: 81.7mg (8.17%), Manganese: 0.15mg (7.35%), Vitamin B2: 0.12mg (6.94%), Zinc: 0.81mg (5.39%), Vitamin B3: 0.91mg (4.53%), Potassium: 122.65mg (3.5%), Vitamin B1: 0.05mg (3.23%), Folate: 9.53µg (2.38%), Calcium: 23.05mg (2.31%), Vitamin K: 1.85µg (1.76%), Selenium: 1.12µg (1.6%), Vitamin B6: 0.03mg (1.57%)