



Indoor S'mores

 Popular

READY IN



11 min.

SERVINGS



12

CALORIES



452 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons butter
- ☐ 10 oz golden grahams cereal
- ☐ 12 servings extra cereal and marshmallows for sprinkling on top
- ☐ 0.7 cup plus light
- ☐ 3 cups marshmallows mini
- ☐ 12 oz semi-sweet chocolate morsels
- ☐ 2 teaspoons vanilla extract

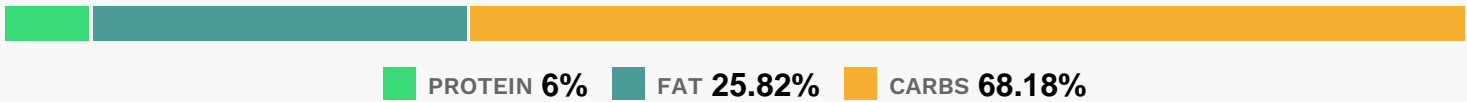
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ mixing bowl
- ☐ aluminum foil

Directions

- ☐ Line a 9×13 inch pan with nonstick foil or line with foil and spray with cooking spray.
- ☐ Pour cereal in a large mixing bowl so that it’s ready to go.
- ☐ Heat corn syrup and butter together in a saucepan set over medium. When mixture begins to boil, add chocolate chips, reduce heat to low or turn off completely, stir until melted. Stir in vanilla.
- ☐ Pour chocolate mixture over cereal, coating it thoroughly, then fold in the marshmallows, 1 cup at a time. Press mixture evenly into a pan, sprinkling extra cereal and marshmallows on top for contrast, and then let stand until firm – about 1 hour or stick them in refrigerator so they’ll firm up quickly. I did that because I was impatient, and it worked out well. In fact, I liked the bars better cold.Slice the bars into big squares. Makes 18 to 24You can also halve this recipe and make it in a square pan.

Nutrition Facts



Properties

Glycemic Index:22.83, Glycemic Load:33, Inflammation Score:-10, Nutrition Score:35.054782618647%

Nutrients (% of daily need)

Calories: 452.05kcal (22.6%), Fat: 13.94g (21.45%), Saturated Fat: 7.67g (47.92%), Carbohydrates: 82.83g (27.61%), Net Carbohydrates: 70.73g (25.72%), Sugar: 42.22g (46.91%), Cholesterol: 6.72mg (2.24%), Sodium: 329.22mg (14.31%), Alcohol: 0.23g (100%), Alcohol %: 0.25% (100%), Caffeine: 24.38mg (8.13%), Protein: 7.29g (14.58%), Manganese: 2.29mg (114.57%), Iron: 16.84mg (93.54%), Folate: 357.87µg (89.47%), Fiber: 12.09g (48.38%), Vitamin B1: 0.72mg (47.85%), Vitamin B6: 0.92mg (46.09%), Vitamin B3: 9.21mg (46.03%), Vitamin B12: 2.74µg (45.6%), Vitamin B2: 0.77mg (45.07%), Selenium: 30.9µg (44.15%), Magnesium: 173.26mg (43.32%), Copper: 0.63mg (31.73%), Phosphorus: 316.08mg (31.61%), Vitamin A: 1413.1IU (28.26%), Zinc: 3.52mg (23.49%), Potassium: 448.92mg (12.83%), Vitamin D: 1.77µg (11.8%), Vitamin B5: 0.55mg (5.54%), Calcium: 44.64mg (4.46%), Vitamin E: 0.63mg (4.23%), Vitamin K: 2.96µg (2.81%)