



Indoor S'mores Small Batch

READY IN



130 min.

SERVINGS



8

CALORIES



280 kcal

SIDE DISH

Ingredients

- 1 tablespoon butter
- 4 cups golden grahams cereal
- 0.3 cup plus light
- 1 cup chocolate chips dark
- 2 cups marshmallows mini
- 0.3 teaspoon vanilla extract

Equipment

- frying pan

- sauce pan
- mixing bowl
- aluminum foil

Directions

- Line an 8 inch square pan with foil and butter the foil.
- Pour cereal in a mixing bowl.
- Heat butter over medium in a small saucepan until it starts to melt, then stir in corn syrup and heat until mixture starts to boil.
- Remove from heat and stir in the chocolate chips. Stir until melted, then add vanilla.
- Pour over the cereal and stir to coat, then stir in the marshmallows. Dump mixture into the pan and press down lightly with another sheet of buttered foil. Wipe the saucepan clean and add the milk chocolate.
- Heat on low, stirring constantly, until it's just barely melted (don't overheat), then drizzle over the cereal bars. Chill for a few hours or until set, then lift from pan and cut into bars. I like trimming the edges and making 8 big bars, but you can cut them whatever size you like.

Nutrition Facts



PROTEIN 5.47% **FAT 27.21%** **CARBS 67.32%**

Properties

Glycemic Index:25.22, Glycemic Load:17.2, Inflammation Score:-7, Nutrition Score:13.8200000531%

Nutrients (% of daily need)

Calories: 279.97kcal (14%), Fat: 8.96g (13.78%), Saturated Fat: 7.51g (46.95%), Carbohydrates: 49.86g (16.62%), Net Carbohydrates: 45.33g (16.48%), Sugar: 29.52g (32.8%), Cholesterol: 3.99mg (1.33%), Sodium: 162.15mg (7.05%), Alcohol: 0.04g (100%), Alcohol %: 0.08% (100%), Protein: 4.05g (8.11%), Manganese: 0.75mg (37.32%), Folate: 138.3µg (34.58%), Iron: 5.92mg (32.89%), Vitamin B1: 0.29mg (19.41%), Vitamin B2: 0.32mg (18.88%), Vitamin B6: 0.37mg (18.49%), Fiber: 4.53g (18.11%), Vitamin B3: 3.59mg (17.93%), Vitamin B12: 1.07µg (17.77%), Selenium: 12µg (17.14%), Magnesium: 54.34mg (13.59%), Zinc: 1.86mg (12.42%), Phosphorus: 119.58mg (11.96%), Vitamin A: 545.98IU (10.92%), Calcium: 79.63mg (7.96%), Copper: 0.15mg (7.67%), Potassium: 250.4mg (7.15%), Vitamin D: 0.66µg (4.4%), Vitamin E: 0.55mg (3.65%), Vitamin B5: 0.34mg (3.45%), Vitamin K: 2.13µg (2.03%)