



Mallow-Graham Bars

 Dairy Free

READY IN



80 min.

SERVINGS



20

CALORIES



95 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 Tbsp butter
- 10 graham crackers whole coarsely chopped
- 3 cups marshmallows jet-puffed miniature
- 0.5 cup planters cocktail peanuts coarsely chopped
- 0.5 cup raisins

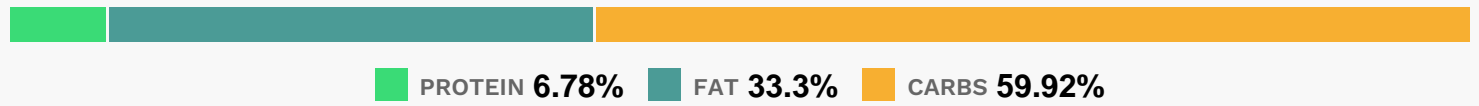
Equipment

- frying pan
- sauce pan

Directions

- Melt butter in large saucepan on low heat.
- Add marshmallows; cook until melted, stirring constantly.
- Remove from heat.
- Stir in remaining ingredients; spread into greased 8-inch square pan.
- Refrigerate 1 hour or until firm.
- Cut into 12 bars. Store in airtight container at room temperature.

Nutrition Facts



Properties

Glycemic Index:10.38, Glycemic Load:9.02, Inflammation Score:-1, Nutrition Score:1.8078260850971%

Nutrients (% of daily need)

Calories: 95.13kcal (4.76%), Fat: 3.67g (5.65%), Saturated Fat: 0.63g (3.95%), Carbohydrates: 14.87g (4.96%), Net Carbohydrates: 14.03g (5.1%), Sugar: 5.93g (6.59%), Cholesterol: 0mg (0%), Sodium: 67.15mg (2.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.68g (3.37%), Manganese: 0.11mg (5.33%), Vitamin B3: 0.89mg (4.46%), Fiber: 0.84g (3.36%), Phosphorus: 31.94mg (3.19%), Magnesium: 12.27mg (3.07%), Folate: 12.18µg (3.04%), Iron: 0.54mg (3.02%), Vitamin B1: 0.04mg (2.99%), Copper: 0.05mg (2.66%), Potassium: 70.42mg (2.01%), Vitamin B2: 0.03mg (1.7%), Zinc: 0.22mg (1.48%), Vitamin B6: 0.03mg (1.34%), Calcium: 11.06mg (1.11%)