



Marshmallow Peanut Butter Cracker Sandwiches

 Dairy Free

READY IN



1 min.

SERVINGS



3

CALORIES



108 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 Tbsp creamy peanut butter
- 2 marshmallows jet-puffed
- 6 ritz crackers

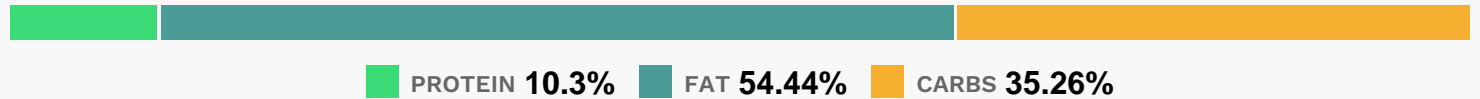
Equipment

- kitchen scissors
- butter knife

Directions

- USING a butter knife, smear peanut butter onto the back of the crackers.
- CUT one marshmallow in half cross wise with kitchen shears. You may dip the scissors in water first to make the cutting easier.
- PLACE half of one marshmallow on top of one cracker with peanut butter.
- PLACE other cracker on top of the half marshmallow with peanut butter side down.

Nutrition Facts



Properties

Glycemic Index:24.83, Glycemic Load:2.55, Inflammation Score:-1, Nutrition Score:2.8569565182147%

Nutrients (% of daily need)

Calories: 108.04kcal (5.4%), Fat: 6.85g (10.54%), Saturated Fat: 1.41g (8.79%), Carbohydrates: 9.98g (3.33%), Net Carbohydrates: 9.33g (3.39%), Sugar: 4.3g (4.77%), Cholesterol: 0mg (0%), Sodium: 102.41mg (4.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.92g (5.84%), Manganese: 0.19mg (9.46%), Vitamin B3: 1.72mg (8.58%), Vitamin E: 1.18mg (7.87%), Phosphorus: 52.91mg (5.29%), Magnesium: 19.26mg (4.82%), Folate: 13.54µg (3.38%), Vitamin K: 3.03µg (2.89%), Copper: 0.06mg (2.84%), Vitamin B1: 0.04mg (2.75%), Fiber: 0.65g (2.62%), Iron: 0.46mg (2.57%), Vitamin B6: 0.05mg (2.56%), Vitamin B2: 0.04mg (2.14%), Zinc: 0.31mg (2.06%), Potassium: 67.53mg (1.93%), Calcium: 14.61mg (1.46%), Vitamin B5: 0.14mg (1.36%), Selenium: 0.79µg (1.13%)