



Mexican S'mores

READY IN



45 min.

SERVINGS



8

CALORIES



189 kcal

DESSERT

Ingredients

- ☐ 8 cinnamon graham crackers
- ☐ 8 marshmallows
- ☐ 6 ounce milk chocolate bars

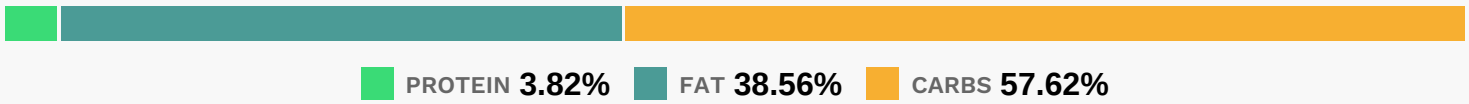
Equipment

- ☐ baking sheet
- ☐ broiler

Directions

- ☐
- Heat broiler. Break the crackers in half to form squares.
- ☐
- Place 8 cracker squares on a baking sheet and top each with a marshmallow. Broil until the marshmallows are puffed and lightly browned, about 1 1/2 minutes. Sandwich with the chocolate pieces and remaining crackers.
- ☐
- Add a little zing to the Mexican S'mores for the adults: Substitute spiced chocolate bars (try the version from Vosges or Green & Black's) for the plain milk chocolate.

Nutrition Facts



Properties

Glycemic Index:22.14, Glycemic Load:15.95, Inflammation Score:-1, Nutrition Score:2.7769565387912%

Nutrients (% of daily need)

Calories: 189.42kcal (9.47%), Fat: 8.69g (13.36%), Saturated Fat: 4.49g (28.07%), Carbohydrates: 29.2g (9.73%), Net Carbohydrates: 27.55g (10.02%), Sugar: 18.2g (20.22%), Cholesterol: 0mg (0%), Sodium: 101.26mg (4.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 14.03mg (4.68%), Protein: 1.93g (3.87%), Magnesium: 32.43mg (8.11%), Copper: 0.13mg (6.65%), Fiber: 1.65g (6.61%), Iron: 1.18mg (6.56%), Phosphorus: 60.1mg (6.01%), Manganese: 0.11mg (5.28%), Vitamin B2: 0.08mg (4.98%), Zinc: 0.59mg (3.96%), Vitamin B3: 0.68mg (3.39%), Potassium: 86.79mg (2.48%), Vitamin B1: 0.04mg (2.42%), Folate: 7.15µg (1.79%), Calcium: 16.37mg (1.64%), Vitamin K: 1.34µg (1.28%), Vitamin B6: 0.02mg (1.17%), Selenium: 0.71µg (1.02%)