



Microwave Peanut Butter S'Mores

READY IN



5 min.

SERVINGS



1

CALORIES



318 kcal

DESSERT

Ingredients

- ☐ 1 serving jif® creamy peanut butter
- ☐ 1 serving milk chocolate candy bars
- ☐ 1 serving graham crackers
- ☐ 1 serving marshmallows

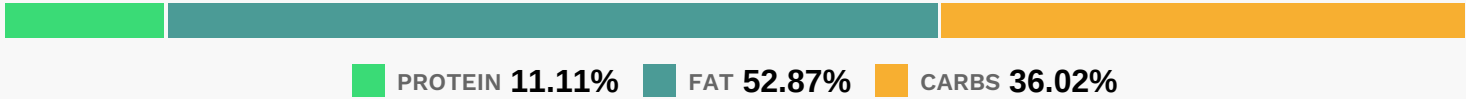
Equipment

- ☐ microwave

Directions

- ☐ Spread graham cracker square with peanut butter.
- ☐ Top with a square of chocolate and a marshmallow.
- ☐ Microwave on HIGH (100% power) 5 to 10 seconds or until marshmallow puffs.
- ☐ Top with another cracker square.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:191.1, Glycemic Load:16.59, Inflammation Score:-4, Nutrition Score:8.2756522181241%

Nutrients (% of daily need)

Calories: 318.01kcal (15.9%), Fat: 19.5g (29.99%), Saturated Fat: 3.87g (24.19%), Carbohydrates: 29.89g (9.96%), Net Carbohydrates: 27.34g (9.94%), Sugar: 10.89g (12.1%), Cholesterol: 0mg (0%), Sodium: 322.76mg (14.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.21g (18.43%), Vitamin B3: 5.32mg (26.61%), Manganese: 0.47mg (23.71%), Vitamin E: 2.92mg (19.45%), Magnesium: 71.75mg (17.94%), Phosphorus: 166.59mg (16.66%), Fiber: 2.54g (10.18%), Folate: 40.44µg (10.11%), Iron: 1.74mg (9.67%), Zinc: 1.37mg (9.14%), Vitamin B6: 0.17mg (8.53%), Vitamin B2: 0.13mg (7.69%), Copper: 0.15mg (7.48%), Vitamin B1: 0.11mg (7.21%), Potassium: 232.99mg (6.66%), Calcium: 38.07mg (3.81%), Vitamin B5: 0.34mg (3.4%), Selenium: 1.36µg (1.94%)