



Nutty Mallow Grahamwiches

 Dairy Free

READY IN



55 min.

SERVINGS



12

CALORIES



338 kcal

SIDE DISH

Ingredients

- 3 Tbsp butter
- 0.3 cup creamy peanut butter
- 12 chocolate graham crackers
- 10 oz marshmallows jet-puffed miniature divided
- 0.5 cup planters roasted peanuts dry chopped
- 8 oz baker's semi-sweet chocolate

Equipment

- baking sheet

sauce pan

wax paper

Directions

Place peanut butter, butter and marshmallows in large saucepan; cook on medium-low heat 5 to 7 minutes or until marshmallows are completely melted and mixture is well blended, stirring constantly.

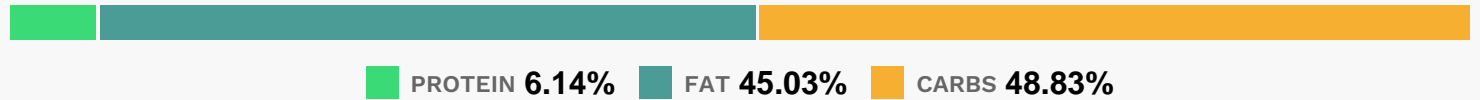
Place 6 of the chocolate grahams on wax paper-covered baking sheet.

Spread evenly with the marshmallow mixture, using about 1/4 cup of the marshmallow mixture on each graham. Top with remaining 6 grahams to make sandwiches.

Cut crosswise in half. (You will have 12 sandwich squares.)

Melt chocolate in small saucepan on low heat, stirring constantly. Dip sandwiches in chocolate, coating about half of each sandwich. Return to baking sheet. Refrigerate 20 to 30 minutes or until chocolate is set.

Nutrition Facts



Properties

Glycemic Index:12.38, Glycemic Load:19.28, Inflammation Score:-3, Nutrition Score:6.5108695708053%

Nutrients (% of daily need)

Calories: 337.86kcal (16.89%), Fat: 17.36g (26.7%), Saturated Fat: 6.01g (37.53%), Carbohydrates: 42.34g (14.11%), Net Carbohydrates: 39.55g (14.38%), Sugar: 24.64g (27.37%), Cholesterol: 1.13mg (0.38%), Sodium: 194.74mg (8.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 16.25mg (5.42%), Protein: 5.33g (10.65%), Manganese: 0.46mg (23.06%), Copper: 0.31mg (15.62%), Magnesium: 62.31mg (15.58%), Phosphorus: 121.02mg (12.1%), Vitamin B3: 2.32mg (11.61%), Iron: 2.02mg (11.22%), Fiber: 2.79g (11.18%), Zinc: 1.09mg (7.28%), Vitamin E: 1.02mg (6.79%), Potassium: 204.53mg (5.84%), Folate: 17.4µg (4.35%), Selenium: 2.79µg (3.99%), Vitamin B2: 0.07mg (3.94%), Vitamin B6: 0.07mg (3.72%), Vitamin B1: 0.06mg (3.7%), Calcium: 30.8mg (3.08%), Vitamin A: 134.64IU (2.69%), Vitamin B5: 0.2mg (2.05%), Vitamin K: 1.38µg (1.31%)