



Old Faithful S'more

READY IN



5 min.

SERVINGS



1

CALORIES



430 kcal

DESSERT

Ingredients

- ☐ 1 square chocolate with caramel
- ☐ 1 serving cereal dark nature valley®
- ☐ 1 serving marshmallows

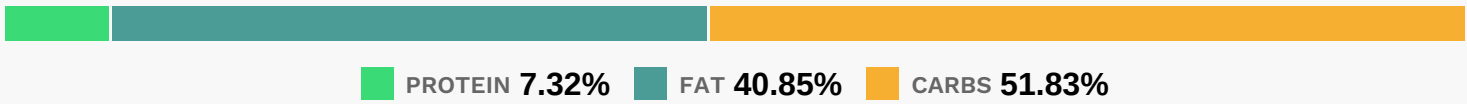
Equipment

- ☐ grill

Directions

- ☐
- Spear 1 large marshmallow on long-handled fork; toast over campfire coals or over grill on low heat.
- ☐
- For each s'more, place toasted marshmallow on chocolate side of 1 granola thin; top marshmallow with 1 chocolate square filled with caramel. Top with another granola thin, chocolate-side down; press together and hold a few seconds to melt chocolate.

Nutrition Facts



Properties

Glycemic Index:103.1, Glycemic Load:7.04, Inflammation Score:-4, Nutrition Score:12.662173986759%

Nutrients (% of daily need)

Calories: 430.01kcal (21.5%), Fat: 20.57g (31.65%), Saturated Fat: 6.98g (43.61%), Carbohydrates: 58.72g (19.57%), Net Carbohydrates: 54g (19.64%), Sugar: 27.45g (30.5%), Cholesterol: 0mg (0%), Sodium: 25.41mg (1.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 18.48mg (6.16%), Protein: 8.29g (16.58%), Manganese: 1.77mg (88.66%), Phosphorus: 220.58mg (22.06%), Magnesium: 87.17mg (21.79%), Iron: 3.43mg (19.05%), Fiber: 4.71g (18.85%), Copper: 0.34mg (16.93%), Selenium: 11.35µg (16.22%), Vitamin E: 2.42mg (16.14%), Vitamin B1: 0.19mg (12.98%), Zinc: 1.64mg (10.94%), Vitamin B2: 0.18mg (10.41%), Potassium: 317.93mg (9.08%), Calcium: 59.21mg (5.92%), Folate: 21.59µg (5.4%), Vitamin B6: 0.09mg (4.26%), Vitamin K: 4.45µg (4.24%), Vitamin B3: 0.77mg (3.84%), Vitamin B5: 0.37mg (3.68%)