



PB & J S'more

 Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



535 kcal

Ingredients

- ☐ 1 serving cereal dark nature valley®
- ☐ 1 serving marshmallows
- ☐ 1 serving peanut butter
- ☐ 1 serving strawberry jam

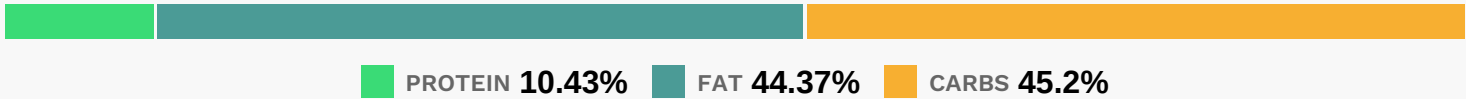
Equipment

- ☐ 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. Meanwhile, top chocolate side of 1 additional granola thin with 1 teaspoon peanut butter and 1 teaspoon strawberry jam. Press marshmallow and jelly sides together; hold a few seconds to melt chocolate.

Nutrition Facts



Properties

Glycemic Index:129.5, Glycemic Load:8.73, Inflammation Score:-5, Nutrition Score:16.716521716636%

Nutrients (% of daily need)

Calories: 534.69kcal (26.73%), Fat: 27.36g (42.09%), Saturated Fat: 4.59g (28.68%), Carbohydrates: 62.72g (20.91%), Net Carbohydrates: 57.79g (21.02%), Sugar: 26.09g (28.99%), Cholesterol: 0mg (0%), Sodium: 164.61mg (7.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.47g (28.94%), Manganese: 2.11mg (105.6%), Vitamin E: 5.29mg (35.25%), Phosphorus: 291.7mg (29.17%), Magnesium: 110.41mg (27.6%), Vitamin B3: 4.84mg (24.22%), Fiber: 4.93g (19.72%), Iron: 3.31mg (18.37%), Selenium: 12.28µg (17.55%), Copper: 0.33mg (16.61%), Vitamin B1: 0.24mg (15.76%), Zinc: 2.05mg (13.63%), Folate: 50.47µg (12.62%), Potassium: 432.61mg (12.36%), Vitamin B6: 0.22mg (10.97%), Vitamin B2: 0.19mg (10.95%), Calcium: 72.17mg (7.22%), Vitamin B5: 0.69mg (6.91%), Vitamin K: 2.78µg (2.65%), Vitamin C: 1.82mg (2.21%)