



Peanut Butter S'mores

READY IN



10 min.

SERVINGS



10

CALORIES



159 kcal

Ingredients

- 3 Tbsp creamy peanut butter
- 3 Tbsp cream sauce hot
- 9 graham crackers (18 squares)
- 0.5 cup marshmallows jet-puffed miniature
- 0.7 cup oreo cookies coarsely chopped

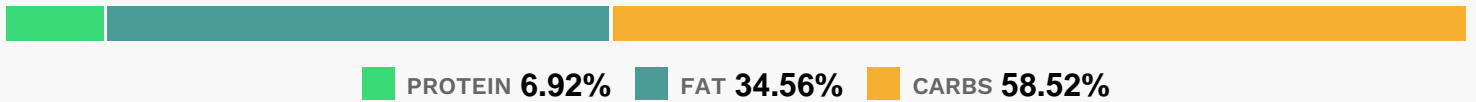
Equipment

- microwave

Directions

- Spread 1 tsp. of the peanut butter onto each of 9 of the graham squares. Top each with about 1 Tbsp. of the chopped cookies, 1 tsp. of the fudge sauce and 3 or 4 marshmallows.
- Cover each with second graham square to make s'more.
- Place 4 or 5 of the s'mores on microwavable plate.
- Microwave on HIGH 10 to 15 seconds or until marshmallows begin to melt. Repeat with the remaining s'mores.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:14.85, Glycemic Load:8.13, Inflammation Score:-1, Nutrition Score:3.4339130527299%

Nutrients (% of daily need)

Calories: 159.47kcal (7.97%), Fat: 6.26g (9.63%), Saturated Fat: 1.51g (9.45%), Carbohydrates: 23.86g (7.95%), Net Carbohydrates: 22.73g (8.27%), Sugar: 11.17g (12.41%), Cholesterol: 0.06mg (0.02%), Sodium: 166.73mg (7.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.82g (5.65%), Iron: 1.97mg (10.97%), Manganese: 0.16mg (8.2%), Vitamin B3: 1.41mg (7.04%), Magnesium: 23.35mg (5.84%), Phosphorus: 57.37mg (5.74%), Vitamin E: 0.85mg (5.67%), Fiber: 1.13g (4.52%), Folate: 16.68µg (4.17%), Vitamin B2: 0.07mg (4.12%), Copper: 0.08mg (4.09%), Vitamin B1: 0.06mg (3.89%), Zinc: 0.49mg (3.29%), Vitamin K: 3.08µg (2.93%), Potassium: 90.65mg (2.59%), Vitamin B6: 0.04mg (1.88%), Calcium: 17.41mg (1.74%), Selenium: 0.93µg (1.32%)