



Peanut Butter S'mores

 Dairy Free

READY IN



8 min.

SERVINGS



5

CALORIES



271 kcal

DESSERT

Ingredients

- 16 graham cracker squares
- 8 marshmallows
- 8 regular-size chocolate peanut butter cups dark (3.1 oz. total)

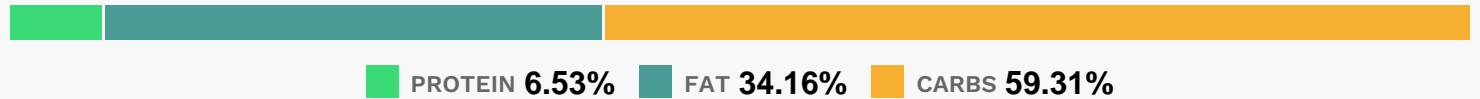
Equipment

- grill
- skewers

Directions

- Preheat grill to high.
- Place a peanut butter cup on a graham cracker. Thread a marshmallow on a skewer; hold over grill until it has browned and softened, 2 to 3 minutes. Use another cracker to push marshmallow off skewer, onto peanut butter cup. Top with a cracker, pressing down. Repeat with remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:26.9, Glycemic Load:17.57, Inflammation Score:-2, Nutrition Score:3.6021739056577%

Nutrients (% of daily need)

Calories: 270.67kcal (13.53%), Fat: 10.56g (16.24%), Saturated Fat: 3.27g (20.41%), Carbohydrates: 41.24g (13.75%), Net Carbohydrates: 39.49g (14.36%), Sugar: 24.44g (27.16%), Cholesterol: 1.63mg (0.54%), Sodium: 253.68mg (11.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.54g (9.08%), Vitamin B3: 2.08mg (10.38%), Phosphorus: 89.94mg (8.99%), Magnesium: 30.3mg (7.58%), Iron: 1.28mg (7.11%), Fiber: 1.75g (7.01%), Vitamin B1: 0.09mg (6.31%), Folate: 24.02µg (6%), Zinc: 0.79mg (5.25%), Vitamin B2: 0.08mg (4.93%), Copper: 0.08mg (4.14%), Calcium: 39.25mg (3.92%), Potassium: 133.5mg (3.81%), Vitamin B6: 0.05mg (2.5%), Vitamin B5: 0.17mg (1.69%), Vitamin B12: 0.07µg (1.18%)