



Pound Cake S'mores

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



515 kcal

DESSERT

Ingredients

- ☐ 12 oz caramel ice cream topping
- ☐ 1 c marshmallows mini
- ☐ 1 round cake sliced
- ☐ 12 oz semi-sweet chocolate chips
- ☐ 0.5 c walnuts chopped

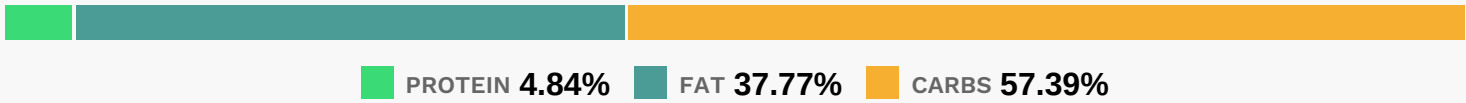
Equipment

- ☐ baking sheet
- ☐ broiler

Directions

- ☐ Place cake slices on an ungreased baking sheet; sprinkle with marshmallows and chocolate chips.
- ☐ Place 4 to 6 inches under broiler; broil for 2 to 3 minutes, or until marshmallows are lightly golden.
- ☐ Transfer 2 slices each to 6 to 8 serving plates and drizzle with caramel topping; sprinkle with walnuts.

Nutrition Facts



Properties

Glycemic Index:10.06, Glycemic Load:3.17, Inflammation Score:-4, Nutrition Score:10.895217548246%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg

Nutrients (% of daily need)

Calories: 514.52kcal (25.73%), Fat: 22.08g (33.98%), Saturated Fat: 10.12g (63.26%), Carbohydrates: 75.49g (25.16%), Net Carbohydrates: 71.4g (25.96%), Sugar: 57.4g (63.78%), Cholesterol: 40.8mg (13.6%), Sodium: 388.03mg (16.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 36.57mg (12.19%), Protein: 6.37g (12.73%), Manganese: 0.91mg (45.68%), Copper: 0.68mg (33.81%), Magnesium: 92.77mg (23.19%), Iron: 3.93mg (21.86%), Phosphorus: 204.32mg (20.43%), Fiber: 4.09g (16.34%), Selenium: 8µg (11.43%), Zinc: 1.55mg (10.31%), Potassium: 338.86mg (9.68%), Vitamin B1: 0.13mg (8.65%), Calcium: 80.81mg (8.08%), Vitamin B2: 0.13mg (7.81%), Folate: 25.7µg (6.43%), Vitamin B3: 1.17mg (5.83%), Vitamin B5: 0.42mg (4.16%), Vitamin B12: 0.24µg (4.05%), Vitamin B6: 0.07mg (3.67%), Vitamin K: 3.33µg (3.18%), Vitamin E: 0.41mg (2.76%), Vitamin A: 118.75IU (2.37%)