

Raspberry S'Mores

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



440 kcal

Ingredients

- 3 ounce chocolate bar (such as Hershey's)
- 8 graham crackers
- 32 large marshmallows cut in half
- 1 cup raspberries fresh

Equipment

- baking sheet
- oven
- broiler
- toaster

Directions

Adjust rack to middle position and heat broiler or toaster oven. Break the crackers in half to form squares and place on a baking sheet. Arrange 4 marshmallow halves on top of each square. Broil for 30 to 60 seconds or until the marshmallows are golden brown. Break each chocolate bar into 12 pieces. Arrange the chocolate and raspberries on top of half the crackers. Invert the remaining marshmallow-topped crackers onto the raspberry-and-chocolate-topped crackers, pressing gently to make sandwiches. Stack them, if desired. Tip: For more deluxe s'mores, use high-quality chocolate, like Scharffen Berger or Valrhona.

Nutrition Facts

PROTEIN 4.43% FAT 24.33% CARBS 71.24%

Properties

Glycemic Index:45.88, Glycemic Load:44.73, Inflammation Score:-3, Nutrition Score:8.6656522439874%

Flavonoids

Cyanidin: 13.73mg, Cyanidin: 13.73mg, Cyanidin: 13.73mg, Cyanidin: 13.73mg Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 1.06mg, Epicatechin: 1.06mg, Epicatechin: 1.06mg, Epicatechin: 1.06mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 439.55kcal (21.98%), Fat: 12.17g (18.72%), Saturated Fat: 5.68g (35.5%), Carbohydrates: 80.19g (26.73%), Net Carbohydrates: 74.92g (27.24%), Sugar: 45.12g (50.14%), Cholesterol: 0.64mg (0.21%), Sodium: 233.87mg (10.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 17.01mg (5.67%), Protein: 4.98g (9.96%), Manganese: 0.62mg (30.98%), Copper: 0.47mg (23.26%), Iron: 4.02mg (22.35%), Fiber: 5.28g (21.1%), Magnesium: 72.72mg (18.18%), Phosphorus: 135.23mg (13.52%), Vitamin C: 7.86mg (9.53%), Zinc: 1.4mg (9.3%), Vitamin B3: 1.51mg (7.53%), Potassium: 249.68mg (7.13%), Vitamin B2: 0.1mg (5.63%), Vitamin B1: 0.08mg (5.42%), Folate: 19.74µg (4.94%), Calcium: 46.82mg (4.68%), Vitamin K: 3.89µg (3.71%), Selenium: 2.46µg (3.51%), Vitamin B6: 0.05mg (2.71%), Vitamin E: 0.39mg (2.58%), Vitamin B5: 0.19mg (1.9%)