



Simple S'mores on a Stick



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



6

CALORIES



51 kcal

Ingredients

- ☐ 6 large marshmallows
- ☐ 6 teaspoons golden beets crushed
- ☐ 6 teaspoons nutella with cocoa

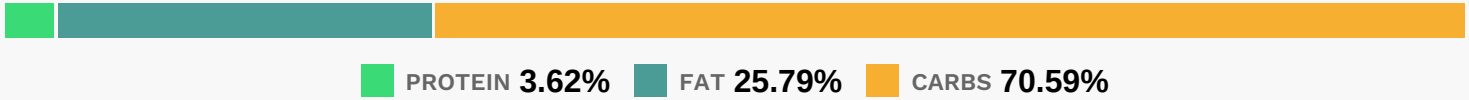
Equipment

- ☐ bowl
- ☐ microwave
- ☐ metal skewers

Directions

- ☐
- Thread each marshmallow on bamboo or metal skewer.
- ☐
- Place crushed cereal in small bowl.
- ☐
- In small microwavable bowl, microwave hazelnut spread uncovered on High 30 seconds. Dip each marshmallow in spread, then roll in cereal.

Nutrition Facts



Properties

Glycemic Index:25.64, Glycemic Load:4.49, Inflammation Score:-1, Nutrition Score:0.8013043390668%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 51.33kcal (2.57%), Fat: 1.51g (2.32%), Saturated Fat: 1.43g (8.91%), Carbohydrates: 9.28g (3.09%), Net Carbohydrates: 8.87g (3.22%), Sugar: 7.07g (7.85%), Cholesterol: 0mg (0%), Sodium: 11.49mg (0.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.48g (0.95%), Manganese: 0.06mg (3.01%), Copper: 0.03mg (1.7%), Vitamin E: 0.25mg (1.67%), Fiber: 0.41g (1.66%), Folate: 6.14µg (1.54%), Iron: 0.27mg (1.53%), Magnesium: 4.47mg (1.12%), Potassium: 36.72mg (1.05%), Phosphorus: 10.13mg (1.01%)