



Skewered Strawberry & Marshmallow S'mores

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



515 kcal

Ingredients

- ☐ 4 ounce chocolate dark cut into 8 pieces
- ☐ 8 slices crusty baguette french
- ☐ 8 large marshmallows
- ☐ 4 servings olive oil for brushing
- ☐ 0.3 teaspoon sea salt
- ☐ 12 medium strawberries

Equipment

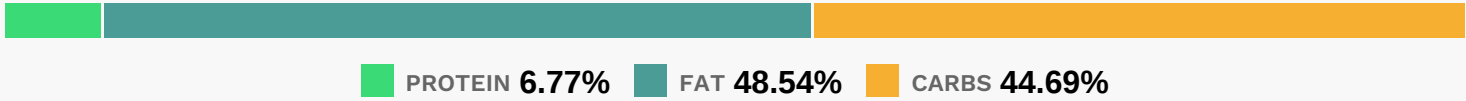
- ☐ grill
- ☐ skewers

☐ wooden skewers

Directions

- ☐ Prepare a medium-hot fire on one side of your grill.
- ☐ Thread the strawberries and marshmallows alternately on 4 skewers (if using wooden skewers, pre-soak them). Lightly brush the slices of bread with olive oil.
- ☐ Place the skewers directly over the fire and grill for about 4 or 5 minutes until the marshmallows have browned.
- ☐ At the same time, grill one side of the bread. Turn the slices over and move to the indirect side of the grill.
- ☐ Place a piece of chocolate on each slice and sprinkle with a pinch of coarse salt.
- ☐ Remove from the grill when the chocolate is soft but still holds its shape.
- ☐ Serve the skewers with the grilled bread for a grown-up version of s'mores.
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Nutrition Facts



Properties

Glycemic Index:48.81, Glycemic Load:31.1, Inflammation Score:-6, Nutrition Score:15.638260880242%

Flavonoids

Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.12mg, Catechin: 1.12mg, Catechin: 1.12mg, Catechin: 1.12mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg

Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 515.09kcal (25.75%), Fat: 27.97g (43.03%), Saturated Fat: 9.24g (57.72%), Carbohydrates: 57.94g (19.31%), Net Carbohydrates: 52.78g (19.19%), Sugar: 19.63g (21.81%), Cholesterol: 0.85mg (0.28%), Sodium: 558.37mg (24.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 22.68mg (7.56%), Protein: 8.78g (17.55%), Manganese: 0.99mg (49.48%), Iron: 5.84mg (32.45%), Copper: 0.61mg (30.45%), Vitamin B1: 0.39mg (26.06%), Vitamin C: 21.17mg (25.66%), Magnesium: 86.24mg (21.56%), Fiber: 5.17g (20.67%), Folate: 77.26µg (19.32%), Selenium: 13.32µg (19.03%), Vitamin B3: 3.35mg (16.77%), Vitamin E: 2.47mg (16.49%), Phosphorus: 157.88mg (15.79%), Vitamin B2: 0.24mg (13.86%), Vitamin K: 13.21µg (12.58%), Zinc: 1.5mg (10%), Potassium: 338.01mg (9.66%), Calcium: 94.31mg (9.43%), Vitamin B6: 0.09mg (4.73%), Vitamin B5: 0.41mg (4.06%), Vitamin B12: 0.08µg (1.32%)