



S'more Bites

READY IN



45 min.

SERVINGS



24

CALORIES



128 kcal

DESSERT

Ingredients

- ☐ 3 tablespoons butter
- ☐ 6 cups rice-crisp cereal
- ☐ 1 cup marshmallow crème (such as Fluff)
- ☐ 10 ounce marshmallows
- ☐ 1 cup semi chocolate chips melted

Equipment

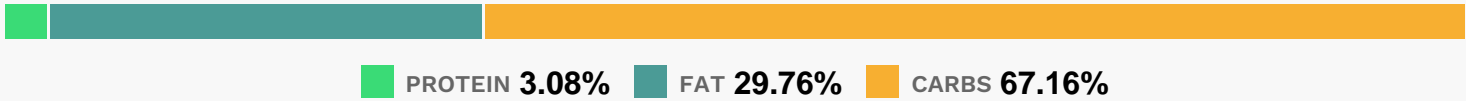
- ☐ bowl
- ☐ frying pan

☐ sauce pan

Directions

- ☐ In a medium saucepan, melt butter over medium heat. Stir in marshmallows and cook, stirring, until smooth, 2 minutes; remove from heat. In a bowl, combine marshmallows with cereal; mix well. In the bottom of a 9" x 13" pan, spread half of cereal mixture into a thin, even layer. Top with warmed chocolate.
- ☐ Place graham crackers in a single layer over chocolate, breaking crackers as needed to fit; top with crème.
- ☐ Spread remaining half of cereal mixture over crème; press lightly to cement layers together.
- ☐ Let s'mores sit at room temperature for at least 15 minutes before cutting and serving.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:4.6, Glycemic Load:5.8, Inflammation Score:-1, Nutrition Score:1.628695656424%

Nutrients (% of daily need)

Calories: 127.71kcal (6.39%), Fat: 4.36g (6.7%), Saturated Fat: 2.57g (16.09%), Carbohydrates: 22.13g (7.38%), Net Carbohydrates: 21.45g (7.8%), Sugar: 12.81g (14.24%), Cholesterol: 4.21mg (1.4%), Sodium: 21.69mg (0.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 6.45mg (2.15%), Protein: 1.01g (2.03%), Copper: 0.12mg (5.81%), Manganese: 0.1mg (5.02%), Magnesium: 14.87mg (3.72%), Iron: 0.63mg (3.53%), Fiber: 0.68g (2.71%), Phosphorus: 26.37mg (2.64%), Selenium: 1.34µg (1.91%), Folate: 7.36µg (1.84%), Zinc: 0.26mg (1.71%), Vitamin B1: 0.02mg (1.55%), Potassium: 48.95mg (1.4%), Vitamin B3: 0.24mg (1.19%)