



S'more Brownies

 Dairy Free

READY IN



52 min.

SERVINGS



52

CALORIES



108 kcal

DESSERT

Ingredients

- 4 oz baker's chocolate unsweetened
- 0.8 cup butter
- 3 eggs
- 1 cup flour
- 10 graham crackers divided (20 squares)
- 2.5 cups marshmallows jet-puffed miniature
- 4 oz baker's semi-sweet chocolate chopped
- 2 cups sugar

1 tsp vanilla

Equipment

bowl

frying pan

oven

toothpicks

aluminum foil

microwave

spatula

Directions

Heat oven to 350F.

Line 13x9-inch pan with Reynolds Wrap Aluminum Foil, with ends of foil extending over sides; spray with cooking spray. Cover bottom with 15 grahams, overlapping as necessary to form even layer. Break remaining grahams into small pieces.

Microwave butter and unsweetened chocolate in large microwaveable bowl on HIGH 2 min. or until butter is melted; stir until chocolate is completely melted and mixture is well blended.

Add sugar, eggs and vanilla; mix well. Stir in flour.

Pour over grahams in pan.

Bake 30 to 32 min. or until toothpick inserted in center comes out with fudgy crumbs. (Do not overbake.) Top with marshmallows and semi-sweet chocolate.

Bake 3 to 5 min. or until marshmallows begin to puff.

Top with graham pieces; press gently into marshmallows with spatula to secure. Cool. Use foil handles to lift brownie from pan before cutting to serve.

Nutrition Facts



PROTEIN 4.4% FAT 41.23% CARBS 54.37%

Properties

Glycemic Index:5.38, Glycemic Load:9.33, Inflammation Score:-2, Nutrition Score:2.0265217492276%

Flavonoids

Catechin: 1.4mg, Catechin: 1.4mg, Catechin: 1.4mg, Catechin: 1.4mg Epicatechin: 3.09mg, Epicatechin: 3.09mg, Epicatechin: 3.09mg, Epicatechin: 3.09mg

Nutrients (% of daily need)

Calories: 108.38kcal (5.42%), Fat: 5.18g (7.96%), Saturated Fat: 1.86g (11.62%), Carbohydrates: 15.35g (5.12%), Net Carbohydrates: 14.66g (5.33%), Sugar: 10.53g (11.7%), Cholesterol: 9.57mg (3.19%), Sodium: 55.02mg (2.39%), Alcohol: 0.03g (100%), Alcohol %: 0.14% (100%), Caffeine: 3.62mg (1.21%), Protein: 1.24g (2.49%), Manganese: 0.14mg (6.88%), Copper: 0.11mg (5.34%), Iron: 0.79mg (4.41%), Magnesium: 13.55mg (3.39%), Selenium: 2.04µg (2.92%), Phosphorus: 28.4mg (2.84%), Fiber: 0.7g (2.78%), Vitamin A: 131.91IU (2.64%), Zinc: 0.37mg (2.48%), Vitamin B2: 0.04mg (2.12%), Vitamin B1: 0.03mg (2.02%), Folate: 7.5µg (1.87%), Vitamin B3: 0.3mg (1.48%), Potassium: 43.07mg (1.23%), Vitamin E: 0.15mg (1.01%)