



S'More Ice Cream

READY IN



45 min.

SERVINGS



9

CALORIES



186 kcal

Ingredients

- ☐ 1 cup honey-flavored graham crackers bear-shaped (48 cookies)
- ☐ 4 cups ice-cream chocolate shell low-fat
- ☐ 1 cup marshmallows miniature

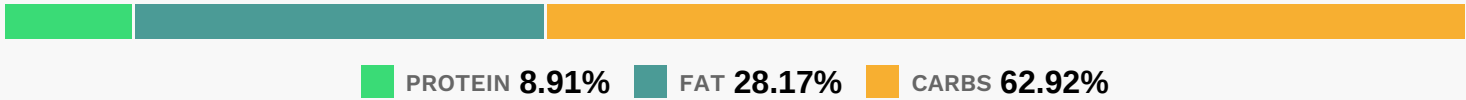
Equipment

- ☐ bowl
- ☐ stand mixer
- ☐ spatula

Directions

- ☐
- Place a large bowl in freezer.
- ☐
- Let ice cream stand at room temperature 45 minutes or until softened.
- ☐
- With a rubber spatula or stand mixer, combine softened ice cream, marshmallows, and graham crackers in chilled bowl. Cover and freeze to desired consistency.
- ☐
- CALORIES 170 (26 percent from fat); FAT 5g (sat 8g, mono 2g, poly 1g); PROTEIN 2g; CARB 8g; FIBER 0g; CHOL 13mg; IRON 3mg; SODIUM 133mg; CALC 89mg

Nutrition Facts



Properties

Glycemic Index:17.28, Glycemic Load:11.65, Inflammation Score:-2, Nutrition Score:3.2821739160496%

Nutrients (% of daily need)

Calories: 186.4kcal (9.32%), Fat: 5.87g (9.03%), Saturated Fat: 3.12g (19.49%), Carbohydrates: 29.5g (9.83%), Net Carbohydrates: 28.61g (10.4%), Sugar: 22.19g (24.65%), Cholesterol: 18.92mg (6.31%), Sodium: 118.31mg (5.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.18g (8.35%), Calcium: 115.48mg (11.55%), Phosphorus: 76.72mg (7.67%), Vitamin B2: 0.11mg (6.54%), Vitamin A: 287.11IU (5.74%), Iron: 0.89mg (4.96%), Magnesium: 19.52mg (4.88%), Copper: 0.08mg (3.9%), Potassium: 132.82mg (3.79%), Fiber: 0.89g (3.54%), Manganese: 0.07mg (3.43%), Zinc: 0.49mg (3.24%), Vitamin B1: 0.04mg (2.56%), Vitamin B3: 0.47mg (2.34%), Selenium: 1.58µg (2.26%), Folate: 7.36µg (1.84%), Vitamin B5: 0.17mg (1.66%), Vitamin B12: 0.09µg (1.58%), Vitamin B6: 0.03mg (1.29%)