



## S'more Ice Cream Treats

 Dairy Free

READY IN



195 min.

SERVINGS



15

CALORIES



166 kcal

### Ingredients

- 2 cups ice-cream chocolate shell softened
- 1 cup cream sauce hot divided
- 9 graham crackers divided (18 squares)
- 2 cups marshmallows jet-puffed miniature

### Equipment

- frying pan
- aluminum foil

## Directions

- Place 9 graham squares in single layer on bottom of foil-lined 9-inch square pan.
- Spread with 1/2 cup fudge topping; sprinkle with marshmallows.
- Top with layers of ice cream, remaining fudge topping and remaining graham squares; cover.
- Freeze several hours or overnight.
- Let stand at room temperature 10 min. before cutting into squares.

## Nutrition Facts



## Properties

Glycemic Index:12.3, Glycemic Load:10.18, Inflammation Score:-1, Nutrition Score:2.6491304350936%

## Nutrients (% of daily need)

Calories: 165.77kcal (8.29%), Fat: 4.59g (7.07%), Saturated Fat: 2.14g (13.36%), Carbohydrates: 29.53g (9.84%), Net Carbohydrates: 28.46g (10.35%), Sugar: 17.3g (19.22%), Cholesterol: 6.19mg (2.06%), Sodium: 144.19mg (6.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.31g (4.62%), Phosphorus: 55.99mg (5.6%), Copper: 0.1mg (5.16%), Manganese: 0.1mg (5.02%), Magnesium: 19.92mg (4.98%), Iron: 0.79mg (4.39%), Vitamin B2: 0.07mg (4.28%), Fiber: 1.07g (4.28%), Vitamin E: 0.59mg (3.91%), Calcium: 35.95mg (3.6%), Potassium: 116.58mg (3.33%), Zinc: 0.44mg (2.91%), Vitamin B1: 0.03mg (2.23%), Vitamin B3: 0.41mg (2.07%), Folate: 7.56µg (1.89%), Vitamin A: 73.62IU (1.47%), Selenium: 1.02µg (1.46%), Vitamin B5: 0.12mg (1.22%), Vitamin B6: 0.02mg (1.12%), Vitamin B12: 0.06µg (1.05%)