



S'more Pops



Gluten Free



Dairy Free

READY IN



75 min.

SERVINGS



12

CALORIES



66 kcal

Ingredients

- ☐ 3 chocolate bar melted
- ☐ 12 large marshmallows
- ☐ 0.3 cup golden beets crushed
- ☐ 12 celery stalks with one pointed end

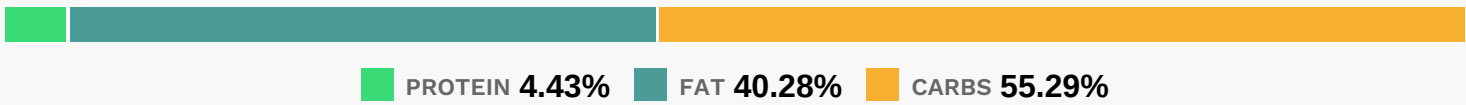
Equipment

- ☐ bowl
- ☐ microwave

Directions

- ☐ In small microwavable bowl, microwave chocolate on High 1 minute, stirring twice, until chocolate can be stirred smooth.
- ☐ Dip each marshmallow halfway into melted chocolate. Insert stick into chocolate side of marshmallow; sprinkle with crushed cereal.
- ☐ Place on plate; let stand at room temperature until chocolate hardens, about 1 hour.
- ☐ Using kitchen torch, toast top of each marshmallow.

Nutrition Facts



Properties

Glycemic Index:14.96, Glycemic Load:4.14, Inflammation Score:-1, Nutrition Score:1.7878260832766%

Flavonoids

Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 65.9kcal (3.29%), Fat: 3.01g (4.63%), Saturated Fat: 1.72g (10.75%), Carbohydrates: 9.29g (3.1%), Net Carbohydrates: 8.38g (3.05%), Sugar: 5.96g (6.62%), Cholesterol: 0.21mg (0.07%), Sodium: 12.41mg (0.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 5.6mg (1.87%), Protein: 0.74g (1.49%), Manganese: 0.15mg (7.52%), Copper: 0.13mg (6.7%), Iron: 0.88mg (4.89%), Magnesium: 17.19mg (4.3%), Fiber: 0.91g (3.65%), Phosphorus: 24.21mg (2.42%), Potassium: 70.01mg (2%), Zinc: 0.25mg (1.66%), Vitamin K: 1.69µg (1.61%), Folate: 4.6µg (1.15%)