



S'more Puffs

READY IN



5 min.

SERVINGS



5

CALORIES



116 kcal

DESSERT

Ingredients

- 12 round buttery crackers
- 12 milk chocolate kisses
- 6 large marshmallows cut in half

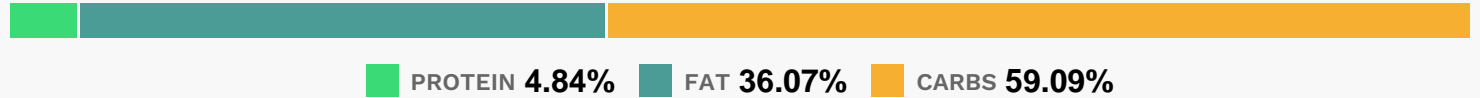
Equipment

- baking sheet
- oven
- wire rack

Directions

- Place crackers on baking sheet. Top each with 1 milk chocolate kiss and 1 marshmallow half, cut side down.
- Bake at 350 for 8 minutes or just until marshmallows begin to melt.
- Let cool on a wire rack 5 minutes.

Nutrition Facts



Properties

Glycemic Index:12.1, Glycemic Load:4.13, Inflammation Score:0, Nutrition Score:1.1330434816039%

Nutrients (% of daily need)

Calories: 116.17kcal (5.81%), Fat: 4.92g (7.57%), Saturated Fat: 2.29g (14.31%), Carbohydrates: 18.15g (6.05%), Net Carbohydrates: 17.7g (6.44%), Sugar: 11.63g (12.92%), Cholesterol: 2.75mg (0.92%), Sodium: 79.63mg (3.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.49g (2.97%), Vitamin K: 3.6µg (3.43%), Calcium: 33.14mg (3.31%), Iron: 0.44mg (2.47%), Vitamin B1: 0.03mg (2.13%), Phosphorus: 20.33mg (2.03%), Manganese: 0.04mg (1.98%), Fiber: 0.45g (1.8%), Vitamin B3: 0.36mg (1.79%), Vitamin E: 0.25mg (1.68%), Folate: 5.27µg (1.32%), Vitamin B2: 0.02mg (1.13%)