



S'more Snack Treats

 Dairy Free

READY IN



55 min.

SERVINGS



55

CALORIES



47 kcal

Ingredients

- 18 graham crackers (2 sleeves) (36 squares)
- 3 Tbsp butter
- 10 oz marshmallows jet-puffed
- 2 oz baker's semi-sweet chocolate chopped

Equipment

- frying pan
- sauce pan

Directions

- Break grahams into bite-sized pieces; set aside. Melt margarine in large saucepan on medium heat.
- Add marshmallows; cook until completely melted, stirring constantly.
- Add broken grahams; mix lightly until evenly coated.
- Spread mixture into lightly greased 13x9-inch pan; sprinkle with chocolate. Press chocolate lightly into graham mixture with greased hands.
- Refrigerate at least 20 minutes before cutting into 12 bars to serve.

Nutrition Facts



Properties

Glycemic Index:2.45, Glycemic Load:5, Inflammation Score:-1, Nutrition Score:0.54391304468331%

Nutrients (% of daily need)

Calories: 47.28kcal (2.36%), Fat: 1.48g (2.27%), Saturated Fat: 0.43g (2.68%), Carbohydrates: 8.23g (2.74%), Net Carbohydrates: 7.99g (2.9%), Sugar: 4.4g (4.89%), Cholesterol: 0.06mg (0.02%), Sodium: 41.62mg (1.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.48g (0.97%), Iron: 0.27mg (1.48%), Phosphorus: 12.52mg (1.25%), Magnesium: 4.64mg (1.16%)