



S'more Turtles

READY IN



5 min.

SERVINGS



5

CALORIES



61 kcal

DESSERT

Ingredients

- 1 individually wrapped caramels kraft
- 1 chocolate candy kiss
- 1 graham crackers whole (2 squares)
- 1 marshmallow jet-puffed
- 2 planters pecan halves

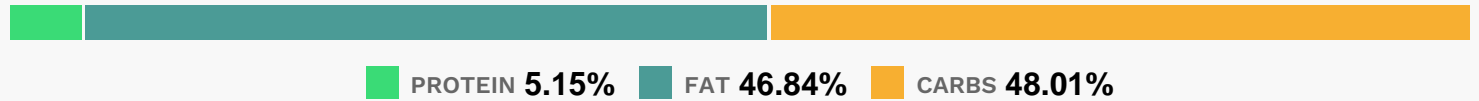
Equipment

- paper towels
- microwave

Directions

- Place caramel on one of the graham squares.
- Place on paper towel or microwavable plate. Microwave on HIGH 15 seconds or until caramel softens slightly. Flatten caramel slightly with finger.
- Press tip of chocolate candy into marshmallow.
- Place on caramel, chocolate side down. Microwave on HIGH 15 seconds or until marshmallow puffs.
- Top with pecan halves and remaining graham; press together lightly to flatten.
- Let stand 1 minute or until chocolate is melted.

Nutrition Facts



Properties

Glycemic Index:46.5, Glycemic Load:3.65, Inflammation Score:-1, Nutrition Score:1.5782608660343%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg

Nutrients (% of daily need)

Calories: 61.32kcal (3.07%), Fat: 3.24g (4.98%), Saturated Fat: 1.5g (9.38%), Carbohydrates: 7.46g (2.49%), Net Carbohydrates: 6.7g (2.44%), Sugar: 4.13g (4.58%), Cholesterol: 0.31mg (0.1%), Sodium: 25.59mg (1.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 4.48mg (1.49%), Protein: 0.8g (1.6%), Manganese: 0.13mg (6.73%), Copper: 0.11mg (5.41%), Iron: 0.8mg (4.46%), Magnesium: 15.47mg (3.87%), Fiber: 0.76g (3.04%), Phosphorus: 26.85mg (2.68%), Zinc: 0.27mg (1.83%), Potassium: 51.64mg (1.48%)