



S'mores

READY IN



6 min.

SERVINGS



4

CALORIES



137 kcal

DESSERT

Ingredients

- 4 graham crackers whole
- 4 marshmallows jet-puffed
- 1.6 oz milk chocolate candy bar

Equipment

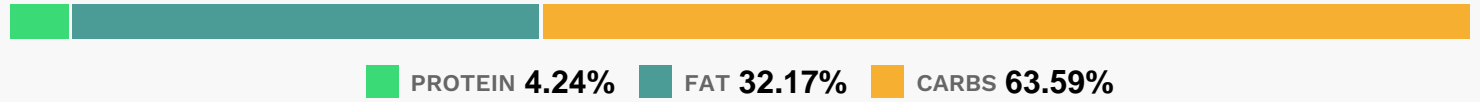
- microwave

Directions

- Break candy bar into 4 pieces; set aside.

- Place 4 of the graham squares on microwavable plate. Top each with 1 chocolate piece and 1 marshmallow.
- Microwave on HIGH 15 to 20 seconds or until marshmallows puff. Top with remaining graham squares, pressing slightly into marshmallows to secure.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:44.28, Glycemic Load:13.55, Inflammation Score:-1, Nutrition Score:1.9339130242234%

Nutrients (% of daily need)

Calories: 137.32kcal (6.87%), Fat: 5.17g (7.96%), Saturated Fat: 2.43g (15.18%), Carbohydrates: 22.99g (7.66%), Net Carbohydrates: 21.91g (7.97%), Sugar: 12.91g (14.34%), Cholesterol: 0mg (0%), Sodium: 99.62mg (4.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 7.25mg (2.42%), Protein: 1.53g (3.07%), Magnesium: 20.81mg (5.2%), Iron: 0.9mg (4.99%), Phosphorus: 44.99mg (4.5%), Fiber: 1.09g (4.35%), Copper: 0.07mg (3.7%), Vitamin B2: 0.06mg (3.53%), Vitamin B3: 0.61mg (3.04%), Zinc: 0.44mg (2.93%), Manganese: 0.05mg (2.74%), Vitamin B1: 0.03mg (2.28%), Folate: 6.84µg (1.71%), Potassium: 56.99mg (1.63%), Calcium: 13.91mg (1.39%)