



Smore's Bars

 Gluten Free

READY IN



75 min.

SERVINGS



20

CALORIES



282 kcal

DESSERT

Ingredients

- 1 tablespoon butter
- 6 ounce chocolate chips miniature
- 0.3 cup plus light
- 4 cups honey graham cereal golden grahams® (such as)
- 1.5 cups marshmallows miniature
- 0.5 teaspoon vanilla extract

Equipment

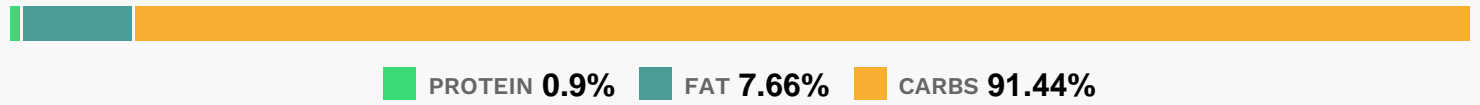
- pot

baking pan

Directions

- Combine corn syrup and butter in a large pot and bring to a boil.
- Remove pot from heat and immediately add chocolate chips; stir until chocolate is melted and mixture is smooth. Fold cereal and marshmallows into the chocolate mixture to coat.
- Grease a 13x9-inch baking dish. Press cereal mixture into the dish; refrigerate at least 1 hour before serving.

Nutrition Facts



Properties

Glycemic Index:9.09, Glycemic Load:31.8, Inflammation Score:1, Nutrition Score:0.79956521450177%

Nutrients (% of daily need)

Calories: 282.12kcal (14.11%), Fat: 2.57g (3.96%), Saturated Fat: 1.59g (9.95%), Carbohydrates: 69.11g (23.04%), Net Carbohydrates: 68.74g (25%), Sugar: 67.52g (75.02%), Cholesterol: 2.78mg (0.93%), Sodium: 19.53mg (0.85%), Alcohol: 0.03g (100%), Alcohol %: 0.05% (100%), Protein: 0.68g (1.37%), Manganese: 0.05mg (2.74%), Iron: 0.4mg (2.21%), Vitamin B2: 0.03mg (1.54%), Calcium: 14.96mg (1.5%), Fiber: 0.37g (1.48%), Copper: 0.03mg (1.41%), Zinc: 0.18mg (1.18%), Potassium: 35.82mg (1.02%)