



S'mores Bars

 Gluten Free

READY IN



85 min.

SERVINGS



24

CALORIES



131 kcal

DESSERT

Ingredients

- 10.5 oz marshmallows miniature ()
- 9 oz milk chocolate chips
- 5 tablespoons butter
- 0.3 cup plus light
- 1 teaspoon vanilla
- 13 oz golden beets (8 cups)

Equipment

- bowl

frying pan

sauce pan

Directions

Grease 13x9-inch pan with butter. Reserve 1 cup of the marshmallows. In 3-quart saucepan, melt chocolate chips, butter, corn syrup and remaining 4 1/2 cups marshmallows over low heat, stirring occasionally, until completely melted.

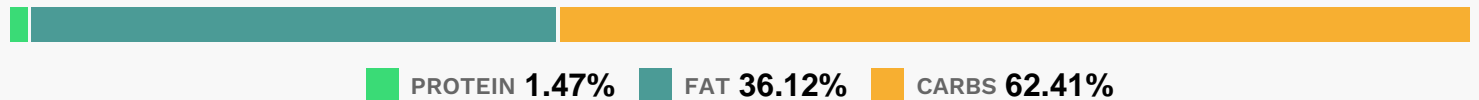
Remove from heat; stir in vanilla.

Pour cereal into large bowl.

Pour marshmallow mixture over cereal; stir until evenly coated. Stir in remaining 1 cup marshmallows.

With buttered back of spoon, press mixture in pan. Cool at least 1 hour or until firm. Store loosely covered at room temperature. For bars, cut into 6 rows by 4 rows.

Nutrition Facts



Properties

Glycemic Index:5.98, Glycemic Load:7.28, Inflammation Score:-1, Nutrition Score:0.98999998046328%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 130.7kcal (6.54%), Fat: 5.44g (8.37%), Saturated Fat: 2.4g (14.98%), Carbohydrates: 21.16g (7.05%), Net Carbohydrates: 20.72g (7.53%), Sugar: 17.01g (18.9%), Cholesterol: 0mg (0%), Sodium: 51.62mg (2.24%), Alcohol: 0.06g (100%), Alcohol %: 0.16% (100%), Protein: 0.5g (0.99%), Folate: 16.89µg (4.22%), Manganese: 0.05mg (2.59%), Potassium: 82.41mg (2.35%), Vitamin A: 109.4IU (2.19%), Fiber: 0.44g (1.77%), Calcium: 11.78mg (1.18%), Copper: 0.02mg (1.18%)