



S'mores Brownies

READY IN



45 min.

SERVINGS



9

CALORIES



362 kcal

DESSERT

Ingredients

- ☐ 0.7 cup all purpose flour
- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 2 large eggs
- ☐ 0.8 cup graham cracker crumbs
- ☐ 1 cup granulated sugar
- ☐ 2 cups marshmallows (approximately)
- ☐ 0.3 teaspoon salt
- ☐ 1 tablespoon sugar
- ☐ 4 ounces butter unsalted

- ☐ 3 ounces chocolate unsweetened
- ☐ 1 teaspoon vanilla extract

Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ double boiler
- ☐ aluminum foil
- ☐ broiler
- ☐ microwave

Directions

- ☐ Preheat the oven to 350 degrees F. Line an 8 inch square metal pan with nonstick foil.
- ☐ Mix the graham cracker crumbs with the sugar and melted butter. Press into bottom of lined pan and bake for 8 minutes.Prepare brownies. Melt the chocolate and butter together in the microwave, a double boiler or heavy saucepan. Set aside to cool for about 5 minutes. Meanwhile, whisk the eggs and sugar until light.
- ☐ Whisk in the vanilla, then whisk in the salt and baking powder.
- ☐ Add the melted chocolate to the egg mixture and stir until mixed.
- ☐ Add flour and stir until mixed. Do not overbeat, just stir until it's absorbed.
- ☐ Pour the brownie mixture over the graham crust. Return to oven and bake for 22-26 minutes or until set.
- ☐ Remove from oven and sprinkle marshmallows over top in one generous layer. Set oven's broiler heat to high and return pan to oven. Broil for 1 minute or until golden. Keep a close eye, because marshmallows brown quickly!
- ☐ Let cool on a rack. When cool, chill. Lift from pan and cut into 9 big squares.Makes 9 large brownies

Nutrition Facts



 **PROTEIN 4.69%**  **FAT 40.36%**  **CARBS 54.95%**

Properties

Glycemic Index:49.08, Glycemic Load:33.57, Inflammation Score:-4, Nutrition Score:6.8669565086779%

Flavonoids

Catechin: 6.08mg, Catechin: 6.08mg, Catechin: 6.08mg, Catechin: 6.08mg Epicatechin: 13.4mg, Epicatechin: 13.4mg, Epicatechin: 13.4mg, Epicatechin: 13.4mg

Nutrients (% of daily need)

Calories: 362.04kcal (18.1%), Fat: 17.12g (26.34%), Saturated Fat: 10.01g (62.56%), Carbohydrates: 52.44g (17.48%), Net Carbohydrates: 50.36g (18.31%), Sugar: 34.93g (38.82%), Cholesterol: 68.42mg (22.81%), Sodium: 167.51mg (7.28%), Alcohol: 0.15g (100%), Alcohol %: 0.21% (100%), Caffeine: 7.56mg (2.52%), Protein: 4.47g (8.94%), Manganese: 0.46mg (23.2%), Copper: 0.35mg (17.46%), Iron: 2.64mg (14.64%), Selenium: 7.87µg (11.24%), Magnesium: 39.1mg (9.78%), Phosphorus: 93.19mg (9.32%), Zinc: 1.27mg (8.5%), Fiber: 2.07g (8.3%), Vitamin B2: 0.13mg (7.77%), Vitamin A: 374.87IU (7.5%), Vitamin B1: 0.11mg (7.19%), Folate: 28.58µg (7.14%), Vitamin B3: 0.97mg (4.84%), Calcium: 39.59mg (3.96%), Potassium: 121.11mg (3.46%), Vitamin E: 0.45mg (3.02%), Vitamin D: 0.41µg (2.74%), Vitamin B5: 0.24mg (2.42%), Vitamin B12: 0.12µg (2.01%), Vitamin K: 1.86µg (1.77%), Vitamin B6: 0.03mg (1.68%)