

## S'mores Dessert Shooters

READY IN



135 min.

SERVINGS



8

CALORIES



83 kcal

DESSERT

### Ingredients

- 2 small graham crackers separated
- 2 cups chocolate milk prepared (such as from 3.1 oz box of mix)
- 8 teaspoons marshmallow creme
- 1 serving semisweet chocolate chips miniature

### Equipment

### Directions

- In bottom of each of 8 shot glasses, crumble 1 graham cracker rectangle.

Spoon chocolate mousse into decorating bag; pipe evenly into shot glasses. Refrigerate 2 hours, or as directed on mousse mix box, until set.

Before serving, top each with 1 teaspoon marshmallow creme and a few chocolate chips.

## Nutrition Facts

 **PROTEIN 10.51%**  **FAT 26.64%**  **CARBS 62.85%**

### Properties

Glycemic Index:13.63, Glycemic Load:3.96, Inflammation Score:-1, Nutrition Score:2.5286956636802%

### Nutrients (% of daily need)

Calories: 82.62kcal (4.13%), Fat: 2.52g (3.87%), Saturated Fat: 1.39g (8.72%), Carbohydrates: 13.36g (4.45%), Net Carbohydrates: 12.73g (4.63%), Sugar: 9.84g (10.94%), Cholesterol: 7.51mg (2.5%), Sodium: 60.58mg (2.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.23g (4.47%), Calcium: 72.84mg (7.28%), Phosphorus: 70.52mg (7.05%), Vitamin B2: 0.11mg (6.45%), Vitamin D: 0.81µg (5.42%), Vitamin B12: 0.21µg (3.44%), Potassium: 111.28mg (3.18%), Magnesium: 10.41mg (2.6%), Fiber: 0.63g (2.52%), Manganese: 0.05mg (2.49%), Zinc: 0.33mg (2.18%), Copper: 0.04mg (2.16%), Vitamin B1: 0.03mg (2.08%), Vitamin B5: 0.18mg (1.85%), Selenium: 1.2µg (1.71%), Iron: 0.3mg (1.68%), Vitamin B6: 0.03mg (1.43%), Vitamin A: 61.31IU (1.23%), Folate: 4.74µg (1.18%), Vitamin B3: 0.21mg (1.06%)