



S'Mores Dessert Squares

READY IN



215 min.

SERVINGS



35

CALORIES



138 kcal

DESSERT

Ingredients

- 5 Tbsp butter melted
- 3.9 oz jell-o chocolate flavor pudding instant
- 6.8 oz jell-o vanilla flavor pudding instant
- 1.5 cups marshmallows jet-puffed miniature
- 3.3 cups milk cold divided
- 0.5 oz baker's semi-sweet chocolate grated
- 3 Tbsp sugar
- 72 vanilla wafers divided
- 1.5 cups cool whip whipped topping thawed

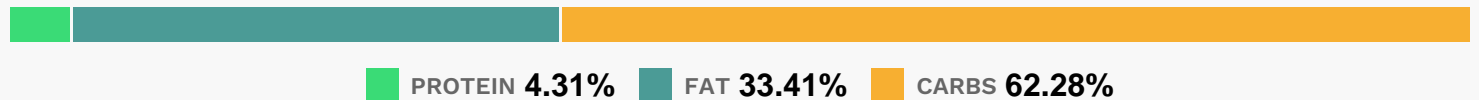
Equipment

- frying pan
- oven
- whisk
- broiler

Directions

- Heat oven to 350F.
- Crush 40 wafers; mix with butter and sugar. Press onto bottom of 13x9-inch pan.
- Bake 8 min. or until lightly browned. Cool.
- Beat chocolate pudding mix and 1-1/4 cups milk with whisk 2 min.; spread over crust. Cover with remaining wafers.
- Whisk vanilla pudding mixes and remaining milk 2 min. Stir in COOL WHIP.
- Spread over wafer layer in pan. Refrigerate 3 hours.
- Heat broiler. Top dessert with marshmallows; broil 1 min. or until marshmallows are lightly browned. Top with grated chocolate.

Nutrition Facts



Properties

Glycemic Index:8.45, Glycemic Load:8.99, Inflammation Score:-1, Nutrition Score:1.5821739176045%

Nutrients (% of daily need)

Calories: 138.3kcal (6.91%), Fat: 5.18g (7.97%), Saturated Fat: 2.65g (16.58%), Carbohydrates: 21.75g (7.25%), Net Carbohydrates: 21.39g (7.78%), Sugar: 14.67g (16.3%), Cholesterol: 7.29mg (2.43%), Sodium: 155.47mg (6.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.5g (3.01%), Vitamin B1: 0.07mg (4.38%), Vitamin B2: 0.07mg (3.89%), Phosphorus: 34.54mg (3.45%), Calcium: 31.62mg (3.16%), Folate: 11.14µg (2.78%), Vitamin B12: 0.13µg (2.22%), Vitamin B3: 0.36mg (1.81%), Vitamin A: 89.98IU (1.8%), Potassium: 59.07mg (1.69%), Vitamin D: 0.25µg (1.66%), Fiber: 0.35g (1.42%), Magnesium: 5.16mg (1.29%), Selenium: 0.73µg (1.05%)