



WHATSheATE



## S'mores Ice Cream Sandwiches



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



237 kcal

### Ingredients

- ☐ 1.5 ounces bittersweet chocolate finely chopped
- ☐ 0.5 cup marshmallow spread such as marshmallow fluff jarred
- ☐ 8 graham crackers
- ☐ 1 pint rocky road ice cream softened

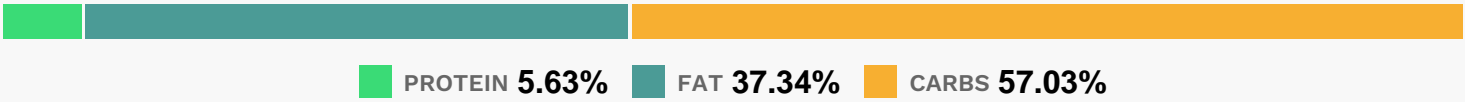
### Equipment

- ☐ bowl
- ☐ knife
- ☐ microwave
- ☐ offset spatula

# Directions

- ☐ Spread 8 graham cracker halves with marshmallow spread and set aside. Put chocolate in microwave-safe bowl and microwave on high for about 90 seconds, stirring every 30 seconds, until melted and smooth. With an offset spatula or knife, spread melted chocolate on remaining 8 graham cracker halves.
- ☐ Let cool slightly.
- ☐ Spoon 1/4 cup rocky road ice cream onto each marshmallow-topped cracker. Top with chocolate-covered graham, chocolate side down, pressing gently.
- ☐ Serve immediately, or wrap in plastic and return to freezer. Sandwiches will keep, frozen, for 2 days.

## Nutrition Facts



## Properties

Glycemic Index:16.88, Glycemic Load:15.8, Inflammation Score:-2, Nutrition Score:4.1278260635293%

## Nutrients (% of daily need)

Calories: 237.02kcal (11.85%), Fat: 9.94g (15.3%), Saturated Fat: 5.41g (33.78%), Carbohydrates: 34.16g (11.39%), Net Carbohydrates: 32.84g (11.94%), Sugar: 22.59g (25.1%), Cholesterol: 26.34mg (8.78%), Sodium: 140.11mg (6.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 4.57mg (1.52%), Protein: 3.37g (6.75%), Vitamin B2: 0.18mg (10.48%), Phosphorus: 104.2mg (10.42%), Calcium: 90.06mg (9.01%), Magnesium: 25.9mg (6.47%), Zinc: 0.82mg (5.47%), Iron: 0.97mg (5.37%), Fiber: 1.32g (5.26%), Vitamin A: 251.67IU (5.03%), Potassium: 172.62mg (4.93%), Copper: 0.08mg (4.21%), Vitamin B12: 0.24µg (4%), Vitamin B1: 0.06mg (3.86%), Manganese: 0.08mg (3.76%), Vitamin B5: 0.36mg (3.6%), Vitamin B3: 0.64mg (3.21%), Folate: 9.4µg (2.35%), Vitamin B6: 0.04mg (2.21%), Selenium: 1.51µg (2.16%), Vitamin E: 0.21mg (1.39%)