

S'mores in a Cup

READY IN



20 min.

SERVINGS



42

CALORIES



154 kcal

Ingredients

- 0.8 cup butter melted
- 9 ounce bars milk chocolate candy bar (such as Hershey's®)
- 28.8 ounce graham crackers crushed honey maid® (such as)
- 126 marshmallows miniature

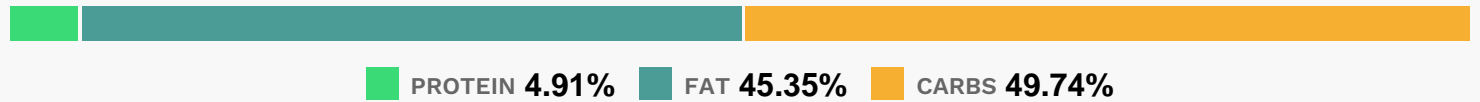
Equipment

- bowl
- oven
- muffin liners
- muffin tray

Directions

- Preheat oven to 350 degrees F (175 degrees C). Line 42 miniature muffin tins with paper liners.
- Mix graham cracker crumbs with butter in a bowl until evenly combined. Spoon graham cracker mixture into the prepared muffin cups, pressing into the bottom and up the sides creating a crust.
- Place 1 chocolate square onto each crust and top each with 3 miniature marshmallows.
- Bake in the preheated oven until marshmallows are puffy and chocolate is melted, about 6 minutes.

Nutrition Facts



Properties

Glycemic Index:4.94, Glycemic Load:11.99, Inflammation Score:-2, Nutrition Score:2.8091304548409%

Nutrients (% of daily need)

Calories: 154.49kcal (7.72%), Fat: 7.83g (12.04%), Saturated Fat: 3.88g (24.22%), Carbohydrates: 19.31g (6.44%), Net Carbohydrates: 17.99g (6.54%), Sugar: 7.14g (7.93%), Cholesterol: 8.9mg (2.97%), Sodium: 157.07mg (6.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 4.86mg (1.62%), Protein: 1.9g (3.81%), Iron: 1.53mg (8.51%), Magnesium: 25.44mg (6.36%), Manganese: 0.12mg (5.93%), Phosphorus: 59.12mg (5.91%), Copper: 0.12mg (5.76%), Fiber: 1.33g (5.3%), Vitamin B3: 0.8mg (4.01%), Zinc: 0.58mg (3.88%), Vitamin B1: 0.05mg (3.11%), Vitamin B2: 0.05mg (3.11%), Folate: 9.08µg (2.27%), Potassium: 78.92mg (2.25%), Calcium: 20.83mg (2.08%), Vitamin A: 103.67IU (2.07%), Vitamin B6: 0.02mg (1.1%)