



S'mores Mousse Squares

READY IN



170 min.

SERVINGS



12

CALORIES



403 kcal

Ingredients

- ☐ 2.3 cups graham cracker crumbs (30 squares)
- ☐ 0.3 cup butter melted
- ☐ 7 oz marshmallow creme
- ☐ 2 cups topping hot (not fudge topping)
- ☐ 2.5 cups cool whip frozen thawed
- ☐ 3 cups marshmallows miniature

Equipment

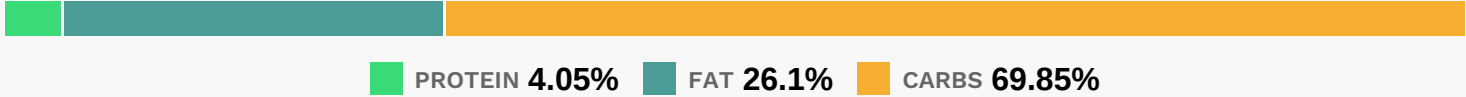
- ☐ bowl
- ☐ frying pan

- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Heat oven to 350°F. Grease 13x9–inch pan.
- ☐ Mix 2 cups of the cracker crumbs and the butter in medium bowl. Press on bottom of pan.
- ☐ Bake 10 minutes. Cool completely, about 20 minutes.
- ☐ Mix marshmallow creme and 1 cup chocolate topping in large bowl until smooth. Fold in whipped topping and 2 cups of the marshmallows. Spoon filling evenly over cooled crust.
- ☐ Sprinkle remaining 1/4 cup cracker crumbs and 1 cup marshmallows over top of dessert.
- ☐ Drizzle remaining 1 cup chocolate topping over top of dessert.
- ☐ Spray a piece of foil with cooking spray. Tightly cover dessert with foil, sprayed side down. Refrigerate at least 2 hours or freeze up to 3 days.
- ☐ Cut into squares.

Nutrition Facts



Properties

Glycemic Index:11.21, Glycemic Load:14.63, Inflammation Score:-3, Nutrition Score:5.1778260657321%

Nutrients (% of daily need)

Calories: 403.42kcal (20.17%), Fat: 11.97g (18.41%), Saturated Fat: 3.77g (23.57%), Carbohydrates: 72.05g (24.02%), Net Carbohydrates: 70.02g (25.46%), Sugar: 41.12g (45.69%), Cholesterol: 3.01mg (1%), Sodium: 359.81mg (15.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 3.55mg (1.18%), Protein: 4.18g (8.36%), Vitamin B2: 0.18mg (10.77%), Vitamin E: 1.54mg (10.28%), Copper: 0.2mg (9.81%), Manganese: 0.19mg (9.45%), Phosphorus: 94.04mg (9.4%), Magnesium: 35.3mg (8.83%), Fiber: 2.03g (8.12%), Iron: 1.34mg (7.46%), Calcium: 56.41mg (5.64%), Potassium: 191.92mg (5.48%), Zinc: 0.78mg (5.2%), Vitamin B1: 0.08mg (5.13%), Vitamin A: 253.91IU (5.08%), Vitamin B12: 0.27µg (4.47%), Vitamin B3: 0.79mg (3.95%), Folate: 12.12µg (3.03%), Selenium: 1.85µg (2.64%), Vitamin B6: 0.05mg (2.3%), Vitamin K: 1.31µg (1.25%)