



## S'mores-n-berry Bars for National S'mores Day - August 10

READY IN



45 min.

SERVINGS



9

CALORIES



506 kcal

SIDE DISH

### Ingredients

- 1 package brownie mix prepared
- 1 eggs
- 1.5 cups graham cracker crumbs crushed
- 2 graham crackers whole
- 1.5 marshmallows mini
- 1 pint raspberries dried fresh cleaned cut in half
- 2 tablespoons sugar
- 6 tablespoons butter unsalted melted

- 0.3 cup vegetable oil
- 2 tablespoons water

## Equipment

- bowl
- frying pan
- oven
- baking pan
- toothpicks
- aluminum foil
- broiler

## Directions

- Preheat your oven to 325 degrees F. Line an 8-inch-square baking pan with foil so that it hangs over the edges and spray it with nonstick cooking spray. Use a medium-sized bowl to mix together the melted butter, graham cracker crumbs and sugar. Press the crumb mixture evenly on the bottom of the pan.
- Bake until golden, or for about 20 minutes.
- Remove and set aside. Raise the oven temperature to 350 degrees F. Meanwhile, use a medium-sized bowl and mix the brownie mixture together, then gently fold in the raspberries.
- Pour the batter over the graham cracker crust.
- Bake the brownie mixture for about 25 minutes (based on your brownie mix), or until a toothpick inserted in the middle of the brownie comes out clean.
- Remove the brownie and place the oven on broil. Meanwhile, break the two graham crackers into small pieces and arrange them in a single layer on top of the brownie. Next arrange the mini marshmallows evenly over the top of the graham crackers.
- Place the pan back in the oven, just for a few minutes, until the marshmallows begin to brown. Keep a close watch on them so they don't burn under the broiler.
- Remove from the oven and cool completely.
- Remove from the pan using the overhanging foil and cut into bars to serve.

## Nutrition Facts

PROTEIN 4.1% FAT 43.99% CARBS 51.91%

## Properties

Glycemic Index:33.84, Glycemic Load:11.88, Inflammation Score:-3, Nutrition Score:6.7021739130435%

## Flavonoids

Cyanidin: 24.06mg, Cyanidin: 24.06mg, Cyanidin: 24.06mg, Cyanidin: 24.06mg Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg Delphinidin: 0.69mg, Delphinidin: 0.69mg, Delphinidin: 0.69mg, Delphinidin: 0.69mg Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg Pelargonidin: 0.52mg, Pelargonidin: 0.52mg, Pelargonidin: 0.52mg, Pelargonidin: 0.52mg Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg Catechin: 0.69mg, Catechin: 0.69mg, Catechin: 0.69mg, Catechin: 0.69mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 1.85mg, Epicatechin: 1.85mg, Epicatechin: 1.85mg, Epicatechin: 1.85mg Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

## Taste

Sweetness: 100%, Saltiness: 6.36%, Sourness: 28.3%, Bitterness: 7.14%, Savoriness: 3.23%, Fattiness: 51.01%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 505.71kcal (25.29%), Fat: 25.03g (38.5%), Saturated Fat: 7.93g (49.59%), Carbohydrates: 66.46g (22.15%), Net Carbohydrates: 62.46g (22.71%), Sugar: 37.12g (41.24%), Cholesterol: 38.25mg (12.75%), Sodium: 287.01mg (12.48%), Protein: 5.24g (10.49%), Vitamin K: 19.62µg (18.68%), Manganese: 0.35mg (17.71%), Vitamin C: 13.77mg (16.7%), Fiber: 4g (16%), Iron: 2.75mg (15.29%), Vitamin E: 1.39mg (9.24%), Phosphorus: 61.74mg (6.17%), Magnesium: 22.47mg (5.62%), Vitamin A: 276.99IU (5.54%), Folate: 21.49µg (5.37%), Vitamin B2: 0.09mg (5.12%), Vitamin B3: 0.97mg (4.84%), Zinc: 0.62mg (4.17%), Vitamin B1: 0.06mg (3.88%), Potassium: 118.72mg (3.39%), Calcium: 31.77mg (3.18%), Copper: 0.06mg (2.91%), Vitamin B6: 0.05mg (2.73%), Vitamin B5: 0.26mg (2.58%), Selenium: 1.72µg (2.45%), Vitamin D: 0.24µg (1.59%)