



S'mores Nachos

READY IN



5 min.

SERVINGS



4

CALORIES



347 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 graham crackers rectangular
- ☐ 0.8 cup milk chocolate chips
- ☐ 1.5 cups marshmallows miniature

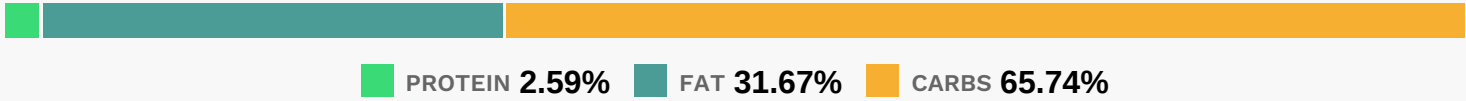
Equipment

- ☐ pie form

Directions

- ☐ Break each graham cracker into 4 pieces. Pile pieces in ungreased pie pan. DO NOT USE GLASS. Top with chocolate chips and marshmallows.
- ☐ Broil 6 inches from heat for 30 to 60 seconds or until marshmallows are puffed and golden, watching to prevent burning.

Nutrition Facts



Properties

Glycemic Index:33.63, Glycemic Load:24.3, Inflammation Score:-1, Nutrition Score:2.3173912735251%

Nutrients (% of daily need)

Calories: 347.1kcal (17.35%), Fat: 12.48g (19.2%), Saturated Fat: 6.47g (40.47%), Carbohydrates: 58.28g (19.43%), Net Carbohydrates: 57.31g (20.84%), Sugar: 36.52g (40.58%), Cholesterol: 0mg (0%), Sodium: 199.52mg (8.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.29g (4.59%), Iron: 1.2mg (6.66%), Phosphorus: 58.06mg (5.81%), Vitamin B3: 1.07mg (5.37%), Calcium: 46.79mg (4.68%), Vitamin B1: 0.06mg (4.27%), Magnesium: 16.9mg (4.22%), Potassium: 146.92mg (4.2%), Vitamin B2: 0.07mg (3.96%), Fiber: 0.97g (3.88%), Zinc: 0.55mg (3.67%), Folate: 13.07µg (3.27%), Vitamin B6: 0.03mg (1.43%), Copper: 0.03mg (1.33%)