



S'mores on a Stick

 Dairy Free

READY IN



20 min.

SERVINGS



20

CALORIES



55 kcal

Ingredients

- 3 graham crackers crushed
- 12 jumbomallows marshmallows jet-puffed
- 4 oz baker's semi-sweet chocolate

Equipment

- bowl
- lollipop sticks

Directions

- Melt chocolate in small microwaveable bowl as directed on package.
- Dip top halves of marshmallows into melted chocolate; coat with graham crumbs.
- Insert lollipop stick into coated side of each marshmallow; place on waxed paper-lined tray. Refrigerate until ready to serve. Toast tops before serving, if desired.

Nutrition Facts



Properties

Glycemic Index:6.72, Glycemic Load:3.19, Inflammation Score:-1, Nutrition Score:1.0256521538224%

Nutrients (% of daily need)

Calories: 55.09kcal (2.75%), Fat: 2.39g (3.68%), Saturated Fat: 1.28g (8.03%), Carbohydrates: 7.99g (2.66%), Net Carbohydrates: 7.46g (2.71%), Sugar: 4.98g (5.54%), Cholesterol: 0.34mg (0.11%), Sodium: 17.77mg (0.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 4.88mg (1.63%), Protein: 0.57g (1.14%), Manganese: 0.08mg (3.77%), Copper: 0.08mg (3.77%), Magnesium: 11.3mg (2.83%), Iron: 0.45mg (2.53%), Fiber: 0.53g (2.12%), Phosphorus: 19.32mg (1.93%), Zinc: 0.19mg (1.28%), Potassium: 36.08mg (1.03%)