



S'mores on a Stick

 Dairy Free

READY IN



80 min.

SERVINGS



12

CALORIES



259 kcal

DESSERT

Ingredients

- ☐ 5 cups golden beets
- ☐ 12 oz semi chocolate chips (2 cups)
- ☐ 36 large marshmallows
- ☐ 12 pretzel rods thick

Equipment

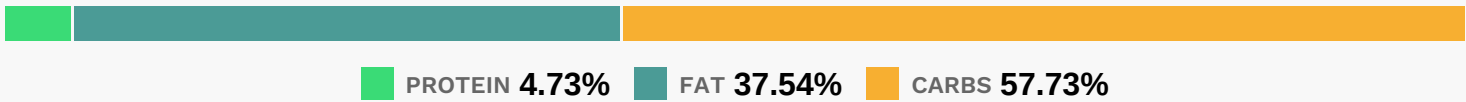
- ☐ food processor
- ☐ bowl
- ☐ baking sheet

- ☐ ziploc bags
- ☐ microwave
- ☐ rolling pin
- ☐ measuring cup
- ☐ meat tenderizer

Directions

- ☐ Place cereal in resealable food-storage plastic bag; seal bag and coarsely crush with rolling pin or flat side of meat mallet (or coarsely crush in food processor).
- ☐ In medium microwavable bowl, microwave chocolate chips uncovered on High 1 to 2 minutes, stirring once, until softened and chips can be stirred smooth.
- ☐ Pour into 2-cup measuring cup.
- ☐ Line cookie sheet with waxed paper. Thread 3 marshmallows on each pretzel rod. Dip in chocolate, coating marshmallows completely. Coat with crushed cereal.
- ☐ Place on waxed paper.
- ☐ Let stand until set, about 1 hour.

Nutrition Facts



Properties

Glycemic Index:17.29, Glycemic Load:13.41, Inflammation Score:-4, Nutrition Score:7.0913043255391%

Flavonoids

Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 259.13kcal (12.96%), Fat: 11.03g (16.97%), Saturated Fat: 6.28g (39.23%), Carbohydrates: 38.16g (12.72%), Net Carbohydrates: 34.25g (12.45%), Sugar: 26.36g (29.28%), Cholesterol: 1.7mg (0.57%), Sodium: 76.24mg (3.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 24.38mg (8.13%), Protein: 3.13g (6.25%), Manganese: 0.57mg (28.65%), Copper: 0.42mg (20.91%), Folate: 63.79µg (15.95%), Magnesium: 63.64mg (15.91%), Fiber: 3.91g (15.64%), Iron: 2.34mg (13%), Potassium: 348.19mg (9.95%), Phosphorus: 99.34mg (9.93%), Zinc: 0.97mg (6.46%), Selenium: 3.18µg (4.54%), Vitamin C: 2.8mg (3.39%), Calcium: 27.54mg (2.75%), Vitamin B3: 0.5mg (2.48%), Vitamin B6:

0.05mg (2.45%), Vitamin B2: 0.04mg (2.36%), Vitamin K: 2.18µg (2.08%), Vitamin B1: 0.03mg (2.07%), Vitamin B5:
0.18mg (1.77%), Vitamin E: 0.19mg (1.3%)