



S'mores Sandwiches

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



239 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 cups ice-cream chocolate shell
- 16 sheets graham crackers halved
- 1 cup marshmallow creme

Equipment

- plastic wrap

Directions

- Spread 1 tablespoon marshmallow creme on the flat side of each of 16 cracker halves; spread 2 tablespoons Chocolate Fudge Ice Cream over each cracker half. Top with remaining cracker halves, flat sides down, pressing gently. Wrap each sandwich tightly in plastic wrap; freeze 4 hours or until firm.
- Totals include Chocolate Fudge Ice Cream

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:19.54, Inflammation Score:-2, Nutrition Score:3.6043477835863%

Nutrients (% of daily need)

Calories: 238.9kcal (11.94%), Fat: 6.43g (9.89%), Saturated Fat: 2.68g (16.75%), Carbohydrates: 44.14g (14.71%), Net Carbohydrates: 42.79g (15.56%), Sugar: 24.59g (27.32%), Cholesterol: 11.22mg (3.74%), Sodium: 209.6mg (9.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.21g (6.42%), Phosphorus: 91.87mg (9.19%), Iron: 1.46mg (8.13%), Vitamin B2: 0.13mg (7.72%), Magnesium: 26.09mg (6.52%), Calcium: 58.09mg (5.81%), Vitamin B3: 1.13mg (5.66%), Fiber: 1.35g (5.39%), Vitamin B1: 0.08mg (5.18%), Zinc: 0.73mg (4.9%), Folate: 18.16µg (4.54%), Potassium: 131.73mg (3.76%), Vitamin A: 137.28IU (2.75%), Copper: 0.05mg (2.65%), Manganese: 0.05mg (2.31%), Vitamin B6: 0.05mg (2.31%), Vitamin B5: 0.18mg (1.83%), Vitamin B12: 0.1µg (1.6%), Selenium: 0.82µg (1.18%)