



S'mores Sundaes

 Dairy Free

READY IN



7 min.

SERVINGS



4

CALORIES



740 kcal

Ingredients

- ☐ 3 graham cracker sheets separated
- ☐ 12 ounce fudge sauce hot
- ☐ 7 ounce marshmallow creme
- ☐ 1 pint whipped cream

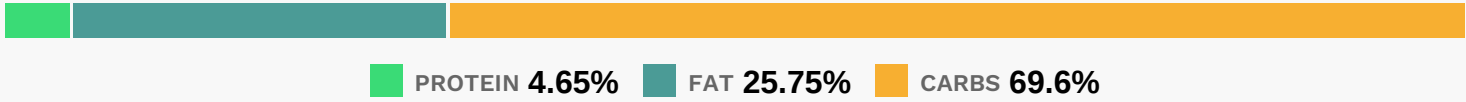
Equipment

- ☐ bowl

Directions

- ☐ Warm hot fudge sauce according to directions on jar.
- ☐ Spread marshmallow cream in the bottom of 4 (6-ounce) dessert bowls. Top with ice cream and hot fudge sauce.
- ☐ Serve with graham crackers.

Nutrition Facts



Properties

Glycemic Index:33.75, Glycemic Load:22.18, Inflammation Score:-4, Nutrition Score:10.260434865952%

Nutrients (% of daily need)

Calories: 739.86kcal (36.99%), Fat: 21.63g (33.28%), Saturated Fat: 11.58g (72.38%), Carbohydrates: 131.58g (43.86%), Net Carbohydrates: 128.02g (46.55%), Sugar: 87.6g (97.33%), Cholesterol: 52.9mg (17.63%), Sodium: 458.1mg (19.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 5.95mg (1.98%), Protein: 8.79g (17.57%), Phosphorus: 227.92mg (22.79%), Vitamin B2: 0.39mg (22.74%), Calcium: 201.39mg (20.14%), Vitamin E: 2.59mg (17.28%), Copper: 0.33mg (16.32%), Manganese: 0.32mg (16.25%), Magnesium: 63.58mg (15.89%), Fiber: 3.57g (14.27%), Potassium: 495.53mg (14.16%), Zinc: 1.73mg (11.51%), Vitamin A: 499.72IU (9.99%), Iron: 1.65mg (9.14%), Vitamin B12: 0.51µg (8.54%), Vitamin B5: 0.79mg (7.88%), Vitamin B1: 0.1mg (6.76%), Selenium: 4.09µg (5.84%), Vitamin B6: 0.08mg (4.21%), Vitamin B3: 0.75mg (3.73%), Folate: 14.15µg (3.54%), Vitamin K: 2.48µg (2.36%), Vitamin D: 0.24µg (1.58%), Vitamin C: 0.88mg (1.07%)