



S'mores Sundaes

READY IN



10 min.

SERVINGS



4

CALORIES



611 kcal

Ingredients

- ☐ 8 graham cracker sticks whole
- ☐ 20 graham cracker sticks crushed
- ☐ 2 cups ice-cream chocolate shell low-fat chunk softened
- ☐ 0.3 cup marshmallow crème
- ☐ 4 teaspoons semisweet chocolate mini-morsels

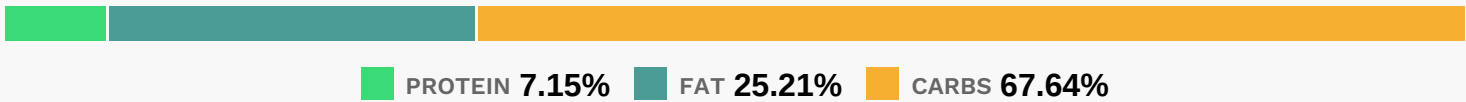
Equipment

- ☐ bowl

Directions

- ☐
- Stir together softened ice cream and crushed graham crackers in a small bowl. Freeze 1 hour or until firm.
- ☐
- Spoon ice-cream mixture into 4 bowls; top evenly with marshmallow crme and chocolate morsels.
- ☐
- Serve each with 2 graham cracker sticks.
- ☐
- Note: For testing purposes only, we used Healthy Choice Chocolate Chocolate Chunk Premium Low Fat Ice Cream and Honey Maid Grahams Honey Sticks.

Nutrition Facts



Properties

Glycemic Index:42.25, Glycemic Load:56.77, Inflammation Score:-5, Nutrition Score:10.573043346405%

Nutrients (% of daily need)

Calories: 610.63kcal (30.53%), Fat: 17.15g (26.39%), Saturated Fat: 5.94g (37.15%), Carbohydrates: 103.54g (34.51%), Net Carbohydrates: 99.2g (36.07%), Sugar: 48g (53.34%), Cholesterol: 21.58mg (7.19%), Sodium: 700.27mg (30.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 5.76mg (1.92%), Protein: 10.95g (21.9%), Phosphorus: 273.86mg (27.39%), Iron: 4.88mg (27.13%), Magnesium: 81.69mg (20.42%), Calcium: 201.32mg (20.13%), Vitamin B2: 0.34mg (19.74%), Vitamin B3: 3.84mg (19.21%), Fiber: 4.33g (17.34%), Vitamin B1: 0.24mg (16.17%), Zinc: 2.36mg (15.72%), Folate: 48.12µg (12.03%), Potassium: 330.61mg (9.45%), Copper: 0.17mg (8.46%), Manganese: 0.14mg (7.1%), Vitamin A: 325.46IU (6.51%), Vitamin B6: 0.12mg (5.86%), Selenium: 2.09µg (2.98%), Vitamin B5: 0.2mg (2.02%), Vitamin B12: 0.12µg (1.92%), Vitamin E: 0.18mg (1.21%), Vitamin C: 0.91mg (1.11%)