



WHATSheATE



S'Mores Tart

READY IN



55 min.

SERVINGS



4

CALORIES



654 kcal

DESSERT

Ingredients

- ☐ 3 egg whites at room temperature
- ☐ 6 ounce graham cracker crust chilled prepared
- ☐ 1 cup marshmallow creme
- ☐ 1 cup milk chocolate chips for garnish
- ☐ 0.5 cup sugar
- ☐ 0.5 teaspoon vanilla extract
- ☐ 0.3 cup milk whole

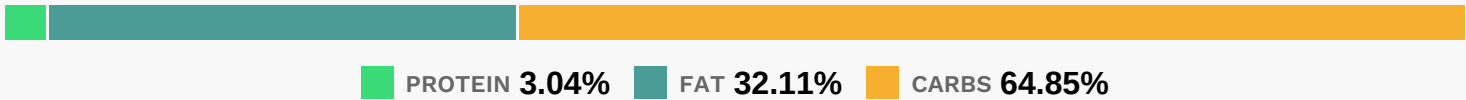
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ hand mixer
- ☐ broiler

Directions

- ☐ In a small pan over medium heat, warm the milk until it just begins to bubble around the edges. Turn off the heat and add 1 cup chocolate chips.
- ☐ Let sit for a few minutes to melt the chocolate, and then whisk to combine.
- ☐ Pour into the pie crust and put into the freezer until set, about 20 minutes.
- ☐ Preheat the broiler to high.
- ☐ In a large, clean glass or metal bowl, add the egg whites. Using an electric hand mixer, whisk the egg whites to get them frothy. With the mixer running, slowly beat in the sugar. Continue until they begin to form stiff peaks, 3 to 4 minutes. Beat in the vanilla and marshmallow cream. Spoon the mixture over the chocolate, making sure to cover all the way to the edges of the crust. Put on the middle rack of the oven and broil until the top is lightly browned, 2 to 3 minutes.
- ☐ Garnish with the remaining chocolate chips. Allow to cool for 10 minutes before slicing.

Nutrition Facts



Properties

Glycemic Index:27.02, Glycemic Load:17.72, Inflammation Score:-1, Nutrition Score:5.773043513298%

Nutrients (% of daily need)

Calories: 654.38kcal (32.72%), Fat: 24.01g (36.94%), Saturated Fat: 10.45g (65.29%), Carbohydrates: 109.1g (36.37%), Net Carbohydrates: 108.29g (39.38%), Sugar: 78.84g (87.6%), Cholesterol: 1.83mg (0.61%), Sodium: 243.73mg (10.6%), Alcohol: 0.17g (100%), Alcohol %: 0.12% (100%), Protein: 5.12g (10.24%), Manganese: 0.55mg

(27.63%), Vitamin B2: 0.22mg (12.68%), Vitamin K: 9.32µg (8.87%), Selenium: 6.05µg (8.64%), Folate: 28.54µg (7.14%), Vitamin B3: 1.41mg (7.06%), Phosphorus: 68.56mg (6.86%), Potassium: 237.41mg (6.78%), Calcium: 65.11mg (6.51%), Iron: 1.14mg (6.32%), Vitamin B1: 0.09mg (5.85%), Vitamin E: 0.79mg (5.3%), Copper: 0.1mg (5.11%), Zinc: 0.6mg (4.03%), Magnesium: 14.15mg (3.54%), Fiber: 0.81g (3.23%), Vitamin B6: 0.04mg (2.14%), Vitamin B5: 0.18mg (1.76%), Vitamin B12: 0.1µg (1.71%), Vitamin D: 0.17µg (1.12%)