



food
network

S'mores with Variations

 Dairy Free

READY IN



20 min.

SERVINGS



8

CALORIES



720 kcal

DESSERT

Ingredients

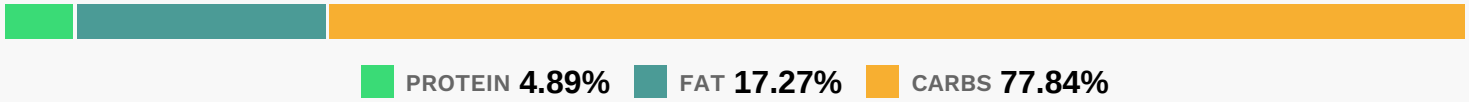
- ☐ 1 package chocolate bars
- ☐ 1 box classic graham crackers
- ☐ 1 box chocolate graham crackers
- ☐ 1 bag marshmallows
- ☐ 1 package peanut butter cups
- ☐ 1 package nonpareils

Equipment

Directions

- ☐ Toast the marshmallows to your liking. Choose from the following variations.
- ☐ The Classic: Sandwich the toasted marshmallows and chocolate bars between classic graham crackers.
- ☐ The Peppermint: Sandwich the toasted marshmallows and peppermint patties between chocolate graham crackers.
- ☐ The Peanut Butter: Sandwich the toasted marshmallows and peanut butter cups between chocolate or classic graham crackers.

Nutrition Facts



Properties

Glycemic Index:28.94, Glycemic Load:72.34, Inflammation Score:-2, Nutrition Score:7.9465218051944%

Nutrients (% of daily need)

Calories: 719.86kcal (35.99%), Fat: 14.02g (21.57%), Saturated Fat: 3.71g (23.21%), Carbohydrates: 142.14g (47.38%), Net Carbohydrates: 137.7g (50.07%), Sugar: 71.98g (79.97%), Cholesterol: 0.56mg (0.19%), Sodium: 719.99mg (31.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.92g (17.85%), Iron: 4.73mg (26.25%), Phosphorus: 212.68mg (21.27%), Vitamin B3: 3.98mg (19.9%), Fiber: 4.44g (17.77%), Vitamin B1: 0.24mg (15.76%), Magnesium: 62.49mg (15.62%), Vitamin B2: 0.25mg (14.56%), Zinc: 2.02mg (13.5%), Folate: 48.34µg (12.08%), Calcium: 88.07mg (8.81%), Potassium: 237.67mg (6.79%), Vitamin B6: 0.11mg (5.26%), Copper: 0.07mg (3.61%)