



S'mores Your Way

READY IN



5 min.

SERVINGS



1

CALORIES



126 kcal

DESSERT

Ingredients

- 1 graham cracker (2 squares)
- 1 hershey'sâ® milk chocolate bar piece
- 2 stackermallows marshmallows jet-puffed

Equipment

- oven
- grill
- aluminum foil
- microwave

toaster

Directions

- Place 1 graham square on microwaveable plate; top with marshmallows and chocolate. Microwave on HIGH 10 sec. or until marshmallows begin to puff; cover with remaining graham square.
- Heat grill to medium heat. Fill graham squares with marshmallows and chocolate; wrap in foil. Grill 4 to 5 min. or until marshmallows begin to melt.
- Heat toaster oven to 350F. Fill graham squares with marshmallows and chocolate; place on foil-covered tray.
- Bake 3 min. or until marshmallows begin to melt.

Nutrition Facts



Properties

Glycemic Index:134.5, Glycemic Load:14.42, Inflammation Score:-1, Nutrition Score:1.1408695879028%

Nutrients (% of daily need)

Calories: 126.39kcal (6.32%), Fat: 2.78g (4.27%), Saturated Fat: 1.01g (6.34%), Carbohydrates: 24.86g (8.29%), Net Carbohydrates: 24.26g (8.82%), Sugar: 13.87g (15.41%), Cholesterol: 1.15mg (0.38%), Sodium: 107.38mg (4.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.57g (3.14%), Iron: 0.65mg (3.63%), Phosphorus: 29.4mg (2.94%), Vitamin B3: 0.54mg (2.7%), Fiber: 0.6g (2.42%), Vitamin B1: 0.03mg (2.14%), Magnesium: 8.54mg (2.13%), Calcium: 20.56mg (2.06%), Vitamin B2: 0.03mg (1.98%), Zinc: 0.28mg (1.85%), Folate: 6.58µg (1.64%)