



## Smorritos

READY IN



16 min.

SERVINGS



4

CALORIES



652 kcal

SIDE DISH

## Ingredients

- 2 banana sliced
- 1 cup mrs richardson's butterscotch caramel sauce
- 1 cup chocolate chips
- 1 cup marshmallow spread
- 4 small flour tortillas
- 4 small graham crackers broken into pieces
- 0.5 teaspoon ground cinnamon
- 1 teaspoon vanilla extract

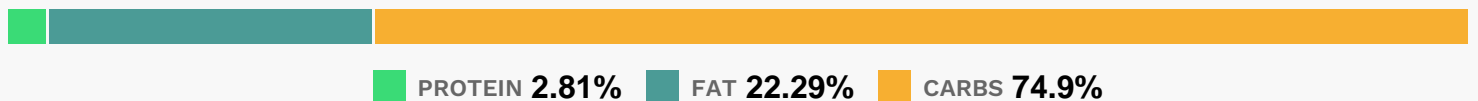
## Equipment

- bowl
- oven
- grill
- aluminum foil

## Directions

- Watch how to make this recipe.
- Preheat grill to medium heat.
- Place a tortilla onto a flat surface.
- Spread about a 1/4 of the marshmallow spread onto the tortilla.
- Layer with a 1/4 of the sliced bananas then sprinkle a quarter of the chocolate chips and graham cracker pieces on the lower third of the tortilla.
- Fold the tortilla up like a taco then wrap with a layer of foil. Repeat process with remaining ingredients.
- Place on the grill or in a preheated 375 degree F oven for 6 minutes turning after 3 minutes.
- Combine all ingredients in a small bowl.
- Mix well to combine and serve with smorittos.;

## Nutrition Facts



## Properties

Glycemic Index:41.94, Glycemic Load:18.76, Inflammation Score:-3, Nutrition Score:7.9099999769874%

## Flavonoids

Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## Nutrients (% of daily need)

Calories: 652kcal (32.6%), Fat: 16.85g (25.93%), Saturated Fat: 9.2g (57.49%), Carbohydrates: 127.39g (42.46%), Net Carbohydrates: 124.2g (45.16%), Sugar: 89.11g (99.01%), Cholesterol: 0mg (0%), Sodium: 506.43mg (22.02%), Alcohol: 0.34g (100%), Alcohol %: 0.18% (100%), Protein: 4.78g (9.55%), Manganese: 0.38mg (19.09%), Vitamin B1: 0.2mg (13.42%), Fiber: 3.19g (12.77%), Potassium: 441.92mg (12.63%), Phosphorus: 125.32mg (12.53%), Vitamin B6: 0.25mg (12.44%), Calcium: 120.25mg (12.03%), Folate: 47.58µg (11.9%), Selenium: 8.02µg (11.46%), Vitamin B3: 2.26mg (11.28%), Iron: 1.84mg (10.24%), Vitamin B2: 0.16mg (9.55%), Magnesium: 33.88mg (8.47%), Vitamin C: 5.43mg (6.58%), Copper: 0.08mg (4.15%), Zinc: 0.52mg (3.5%), Vitamin B5: 0.34mg (3.37%), Vitamin K: 2.53µg (2.41%), Vitamin A: 89.35IU (1.79%), Vitamin B12: 0.1µg (1.7%)