



## Strawberry-Banana S'Mores

 Gluten Free

READY IN



21 min.

SERVINGS



21

CALORIES



50 kcal

DESSERT

### Ingredients

- 1 banana sliced
- 3.1 oz broken into squares coarsely chopped
- 9 honey maid honey grahams divided (18 squares)
- 9 marshmallows jet-puffed cut in half
- 5 large strawberries fresh sliced
- 0.3 cup strawberry jam

### Equipment

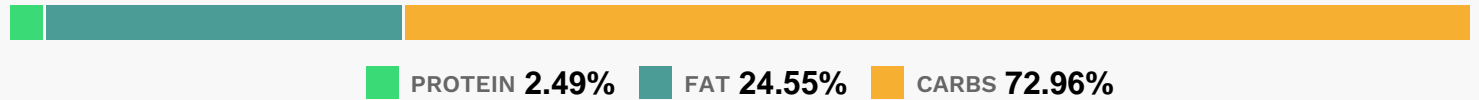
- frying pan

- grill
- aluminum foil

## Directions

- Heat grill to medium-low heat.
- Place 9 graham squares on bottom of 9-inch square disposable foil pan; top with chocolate, marshmallows, berries and bananas.
- Spread remaining grahams with jam; place, jam-sides down, over grahams in pan to make 9 s'mores.
- Grill 4 to 6 min. or until marshmallows are puffed and chocolate is melted. Cool 5 min. before serving.

## Nutrition Facts



## Properties

Glycemic Index:14.53, Glycemic Load:4.91, Inflammation Score:-1, Nutrition Score:1.0669565317423%

## Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 1.6mg, Pelargonidin: 1.6mg, Pelargonidin: 1.6mg, Pelargonidin: 1.6mg Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

## Nutrients (% of daily need)

Calories: 50.37kcal (2.52%), Fat: 1.48g (2.27%), Saturated Fat: 0.85g (5.31%), Carbohydrates: 9.88g (3.29%), Net Carbohydrates: 9.33g (3.39%), Sugar: 7.2g (8%), Cholesterol: 0mg (0%), Sodium: 4.5mg (0.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.34g (0.68%), Vitamin C: 4.63mg (5.61%), Manganese: 0.06mg (3.14%), Fiber: 0.55g (2.21%), Copper: 0.04mg (1.93%), Magnesium: 7.31mg (1.83%), Vitamin B6: 0.03mg (1.32%), Potassium: 45.58mg (1.3%), Vitamin B2: 0.02mg (1.11%), Iron: 0.19mg (1.03%)