

# Teddy S'More Bark

 **Gluten Free**  **Dairy Free**

READY IN



**80 min.**

SERVINGS



**20**

CALORIES



**191 kcal**

DESSERT

## Ingredients

- 1 cup honey graham snacks divided bear-shaped
- 1 cup marshmallows jet-puffed miniature divided
- 16 oz baker's semi-sweet chocolate

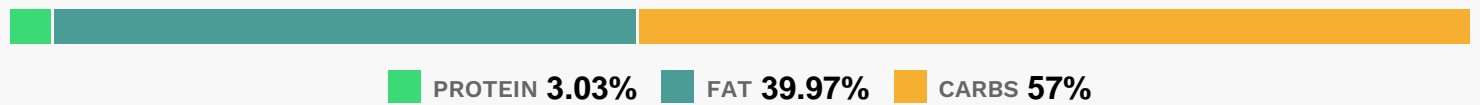
## Equipment

- bowl
- baking sheet
- wax paper
- microwave

## Directions

- Microwave chocolate in large microwavable bowl on HIGH 1-1/2 minutes; stir. Microwave an additional 30 seconds. Stir until chocolate is completely melted.
- Stir in 3/4 cup each of the graham snacks and marshmallows.
- Spread onto wax paper-covered baking sheet. Top with remaining 1/4 cup each graham snacks and marshmallows.
- Refrigerate 1 hour or until firm. Break into pieces.

## Nutrition Facts



## Properties

Glycemic Index:5.64, Glycemic Load:8.51, Inflammation Score:-2, Nutrition Score:3.5804348040534%

## Nutrients (% of daily need)

Calories: 190.79kcal (9.54%), Fat: 8.69g (13.37%), Saturated Fat: 5g (31.24%), Carbohydrates: 27.89g (9.3%), Net Carbohydrates: 26.04g (9.47%), Sugar: 23.68g (26.31%), Cholesterol: 1.36mg (0.45%), Sodium: 4.95mg (0.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 19.5mg (6.5%), Protein: 1.48g (2.97%), Manganese: 0.31mg (15.71%), Copper: 0.29mg (14.58%), Magnesium: 40.31mg (10.08%), Iron: 1.51mg (8.39%), Fiber: 1.85g (7.4%), Phosphorus: 59.85mg (5.98%), Zinc: 0.64mg (4.26%), Potassium: 137.53mg (3.93%), Selenium: 2.08µg (2.98%), Vitamin K: 1.63µg (1.56%), Calcium: 15.15mg (1.52%), Vitamin B3: 0.21mg (1.06%), Vitamin B2: 0.02mg (1.03%)