



The Ultimate S'more

 Dairy Free

READY IN



25 min.

SERVINGS



25

CALORIES



341 kcal

Ingredients

- ☐ 14 oz chocolate dark with almonds (such as lindt), each broken into 3 pieces
- ☐ 25 servings graham crackers homemade
- ☐ 25 servings marshmallows homemade
- ☐ 25 servings vegetable oil

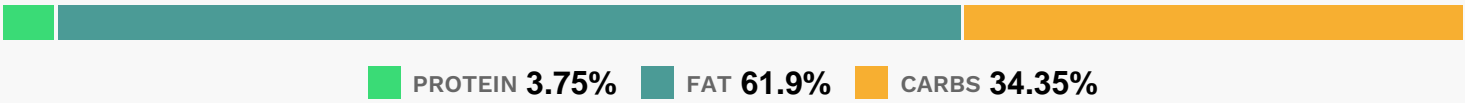
Equipment

- ☐ grill
- ☐ aluminum foil
- ☐ tongs

Directions

- ☐
- Fold 12 sheets of foil, each 12 by 20 in., in half crosswise; then oil tops. Center 1 graham cracker on each oiled doubled sheet, then top with a chocolate piece, marshmallow, and another cracker. Gently fold foil over s'mores and crimp to seal.
- ☐
- Heat packets on a cooking grate over glowing coals in a campfire or on a grill over medium heat (about 350), turning often just until chocolate softens, 2 to 3 minutes. Or, using tongs, grasp packets on sides and heat over a low fire.
- ☐
- Make ahead: Through step 1, up to 3 days, airtight and chilled.

Nutrition Facts



Properties

Glycemic Index:6.3, Glycemic Load:16.85, Inflammation Score:-2, Nutrition Score:6.689130510649%

Nutrients (% of daily need)

Calories: 340.6kcal (17.03%), Fat: 23.57g (36.26%), Saturated Fat: 6.46g (40.38%), Carbohydrates: 29.44g (9.81%), Net Carbohydrates: 26.75g (9.73%), Sugar: 10.82g (12.03%), Cholesterol: 0.48mg (0.16%), Sodium: 188.5mg (8.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 12.7mg (4.23%), Protein: 3.21g (6.42%), Vitamin K: 26.9µg (25.62%), Iron: 3.05mg (16.95%), Manganese: 0.31mg (15.47%), Copper: 0.29mg (14.49%), Magnesium: 52.74mg (13.18%), Fiber: 2.68g (10.73%), Phosphorus: 105.54mg (10.55%), Vitamin E: 1.24mg (8.26%), Zinc: 1.07mg (7.13%), Vitamin B3: 1.23mg (6.13%), Vitamin B2: 0.08mg (4.68%), Potassium: 163.12mg (4.66%), Vitamin B1: 0.07mg (4.62%), Calcium: 33.74mg (3.37%), Folate: 12.89µg (3.22%), Vitamin B6: 0.03mg (1.7%), Selenium: 1.1µg (1.57%)