

Traditional S'mores

READY IN



10 min.

SERVINGS



8

CALORIES



647 kcal

DESSERT

Ingredients

- ☐ 8 servings bananas
- ☐ 1 pieces chocolate candy recommended: M&M's
- ☐ 8 servings chocolate chips mini
- ☐ 6 ounce chocolate bar recommended: Hershey's
- ☐ 8 full honey-flavored graham cracker sections can substitute cinnamon-flavored graham crackers or chocolate-flavored graham crackers
- ☐ 8 jumbo size marshmallows
- ☐ 8 servings nuts chopped
- ☐ 8 servings strawberry ice cream topping

☐ 8 servings whipped cream

Equipment

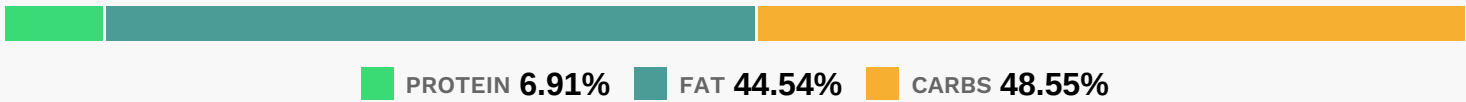
☐ grill

☐ skewers

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat a grill to medium. Alternatively, you can roast the marshmallows over an open fire.
- ☐ Break each graham cracker section in half. Divide chocolate bar into 8 equal parts.
- ☐ Place each chocolate piece on top of half of a graham cracker.
- ☐ Divide marshmallows among several long skewers, spacing them far enough apart so that they won't melt together.
- ☐ Place marshmallows on grill and cook over medium heat, turning slowly, until golden brown. Carefully remove marshmallows from skewers and set on top of chocolate pieces.
- ☐ Add toppings of your choice.
- ☐ Place the other half of the graham cracker on top to form the perfect S'more.

Nutrition Facts



Properties

Glycemic Index:39.99, Glycemic Load:28.51, Inflammation Score:-7, Nutrition Score:19.956521818171%

Flavonoids

Catechin: 7.69mg, Catechin: 7.69mg, Catechin: 7.69mg, Catechin: 7.69mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 647.02kcal (32.35%), Fat: 33.49g (51.53%), Saturated Fat: 12.07g (75.44%), Carbohydrates: 82.16g (27.39%), Net Carbohydrates: 72.75g (26.45%), Sugar: 28.86g (32.07%), Cholesterol: 24.49mg (8.16%), Sodium:

147.76mg (6.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 17.11mg (5.7%), Protein: 11.69g (23.37%), Manganese: 1.39mg (69.5%), Copper: 0.9mg (44.78%), Magnesium: 168.58mg (42.15%), Fiber: 9.41g (37.64%), Phosphorus: 324.27mg (32.43%), Vitamin B6: 0.61mg (30.45%), Potassium: 941.13mg (26.89%), Iron: 4.73mg (26.28%), Vitamin B2: 0.37mg (22.03%), Vitamin C: 16.17mg (19.6%), Zinc: 2.56mg (17.05%), Vitamin B3: 3.12mg (15.62%), Calcium: 140.6mg (14.06%), Folate: 54.81µg (13.7%), Vitamin B5: 1.37mg (13.66%), Vitamin B1: 0.17mg (11.35%), Vitamin A: 348.02IU (6.96%), Selenium: 4.17µg (5.96%), Vitamin B12: 0.28µg (4.59%), Vitamin K: 2.31µg (2.2%), Vitamin E: 0.29mg (1.94%)