



Warm S'Mores

 Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



126 kcal

Ingredients

- 16 chocolate chip cookie mix divided (2 inch)
- 2 tsp baker's angel flake coconut
- 16 marshmallows jet-puffed miniature
- 2 oz baker's semi-sweet chocolate chopped

Equipment

- microwave

Directions

- Place 8 cookies, flat-sides up, on microwaveable plate; top with next 3 ingredients.
- Microwave on HIGH 30 sec. or until chocolate is almost melted. Cover with remaining cookies; press down lightly to secure. Microwave 30 sec. or until cookies are warmed and chocolate and marshmallows are melted.
- Serve warm. Or, cover and refrigerate 5 to 10 min. or until filling is set.

Nutrition Facts



Properties

Glycemic Index:10.92, Glycemic Load:6.11, Inflammation Score:-1, Nutrition Score:1.6534782711255%

Nutrients (% of daily need)

Calories: 126.24kcal (6.31%), Fat: 6.55g (10.07%), Saturated Fat: 3.05g (19.09%), Carbohydrates: 15.85g (5.28%), Net Carbohydrates: 14.87g (5.41%), Sugar: 8.44g (9.38%), Cholesterol: 1.75mg (0.58%), Sodium: 64.72mg (2.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 4.88mg (1.63%), Protein: 1.17g (2.35%), Manganese: 0.08mg (4.04%), Vitamin B1: 0.06mg (4%), Magnesium: 15.99mg (4%), Fiber: 0.98g (3.92%), Copper: 0.07mg (3.67%), Iron: 0.58mg (3.22%), Folate: 11.82µg (2.96%), Phosphorus: 23.87mg (2.39%), Vitamin B2: 0.03mg (2.04%), Vitamin B3: 0.4mg (2.01%), Potassium: 65.32mg (1.87%), Zinc: 0.24mg (1.62%)