



Winner's Circle Treats

READY IN



10 min.

SERVINGS



24

CALORIES



125 kcal

DESSERT

Ingredients

- 28 caramels kraft
- 12 graham crackers (24 squares)
- 2 cups marshmallows jet-puffed miniature
- 0.5 cup planters cocktail peanuts
- 3 oz baker's semi-sweet chocolate chopped
- 3 Tbsp water

Equipment

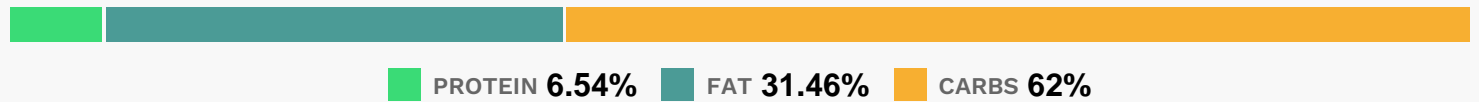
- bowl

- baking pan
- microwave

Directions

- Place graham squares, side by side, in single layer in ungreased 15x10x1-inch baking pan.
- Microwave caramels and water in microwavable bowl on HIGH 2 to 3 minutes or until caramels are completely melted, stirring after each minute.
- Pour over grahams; spread to evenly cover graham squares.
- Sprinkle immediately with marshmallows, chocolate and peanuts; press gently into caramel mixture with back of spoon to secure. Cool completely.
- Cut into 24 squares to serve.

Nutrition Facts



Properties

Glycemic Index:8.91, Glycemic Load:11.68, Inflammation Score:-1, Nutrition Score:2.2991304421878%

Nutrients (% of daily need)

Calories: 125.35kcal (6.27%), Fat: 4.52g (6.95%), Saturated Fat: 1.41g (8.84%), Carbohydrates: 20.04g (6.68%), Net Carbohydrates: 19.23g (6.99%), Sugar: 12.95g (14.39%), Cholesterol: 1.03mg (0.34%), Sodium: 79.16mg (3.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 3.05mg (1.02%), Protein: 2.11g (4.23%), Manganese: 0.13mg (6.44%), Phosphorus: 48.79mg (4.88%), Magnesium: 18.17mg (4.54%), Copper: 0.08mg (4.01%), Vitamin B3: 0.8mg (4%), Iron: 0.66mg (3.66%), Vitamin B1: 0.05mg (3.31%), Fiber: 0.81g (3.26%), Vitamin B2: 0.05mg (3.09%), Folate: 11.03µg (2.76%), Calcium: 27.23mg (2.72%), Zinc: 0.35mg (2.32%), Potassium: 80.29mg (2.29%), Vitamin B5: 0.14mg (1.37%), Vitamin B6: 0.03mg (1.27%), Selenium: 0.8µg (1.14%)