



Apple-Cinnamon Oatmeal Crisp® Cereal Bars

READY IN



40 min.

SERVINGS



24

CALORIES



119 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 6 cups raisin cereal oatmeal crisp®
- ☐ 5 oz apples dried
- ☐ 3 tablespoons butter
- ☐ 4 cups marshmallows miniature
- ☐ 0.5 cup brown sugar packed
- ☐ 2 teaspoons ground cinnamon

Equipment

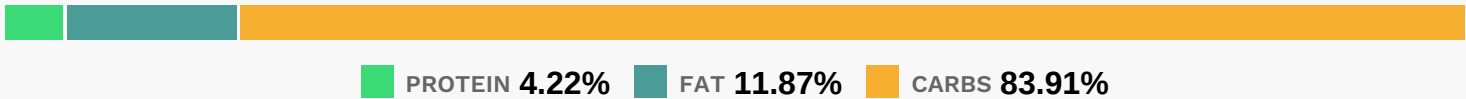
- ☐ bowl

- ☐ sauce pan
- ☐ baking pan
- ☐ glass baking pan

Directions

- ☐ Spray 13x9-inch (3-quart) glass baking dish with cooking spray. In large bowl, mix cereal and dried apples.
- ☐ In 2-quart saucepan, melt butter over low heat.
- ☐ Add marshmallows, brown sugar and cinnamon. Cook and stir until marshmallows are melted and sugar is dissolved.
- ☐ Pour over cereal mixture; toss to coat. Press in baking dish. Cool completely.
- ☐ Cut into 6 rows by 4 rows.

Nutrition Facts



Properties

Glycemic Index:6.02, Glycemic Load:5.08, Inflammation Score:-4, Nutrition Score:5.7086956501007%

Nutrients (% of daily need)

Calories: 119.02kcal (5.95%), Fat: 1.69g (2.6%), Saturated Fat: 0.95g (5.95%), Carbohydrates: 26.94g (8.98%), Net Carbohydrates: 24.31g (8.84%), Sugar: 17.48g (19.42%), Cholesterol: 3.76mg (1.25%), Sodium: 80.7mg (3.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.35g (2.71%), Manganese: 0.51mg (25.58%), Iron: 2.85mg (15.82%), Folate: 50.19µg (12.55%), Fiber: 2.63g (10.53%), Vitamin B2: 0.11mg (6.67%), Magnesium: 26.44mg (6.61%), Vitamin B3: 1.32mg (6.61%), Vitamin B6: 0.13mg (6.39%), Vitamin B12: 0.37µg (6.2%), Vitamin B1: 0.09mg (5.91%), Phosphorus: 53.62mg (5.36%), Vitamin A: 231.7IU (4.63%), Copper: 0.08mg (4.05%), Zinc: 0.58mg (3.88%), Potassium: 111.67mg (3.19%), Selenium: 1.17µg (1.67%), Vitamin D: 0.25µg (1.67%), Calcium: 13.46mg (1.35%), Vitamin E: 0.16mg (1.04%)