



Baby Bib Cereal Bars

 Dairy Free

READY IN



75 min.

SERVINGS



9

CALORIES



220 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 3 tablespoons butter
- 10 oz marshmallows miniature ()
- 5 cups corn flakes/bran flakes
- 1 serving chocolate icing (any colors)
- 1.3 oz frangelico

Equipment

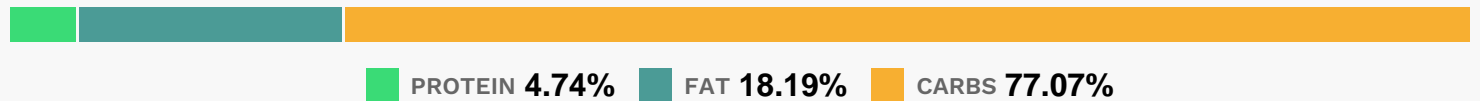
- bowl
- frying pan

microwave

Directions

- Spray bottom and sides of 13x9-inch pan with cooking spray. In large microwavable bowl, microwave butter uncovered on High about 45 seconds or until melted.
- Add marshmallows; toss until coated. Microwave uncovered on High about 1 minute 30 seconds, stirring after 45 seconds, until mixture can be stirred smooth.
- Immediately add cereal and decors; stir until evenly coated. Press firmly into pan. Cool about 1 hour or until firm.
- Cut into 9 rounds using 3-inch round cutter. Decorate each to look like baby bib, using decorating icing. Store loosely covered.

Nutrition Facts



Properties

Glycemic Index:19.53, Glycemic Load:26.37, Inflammation Score:-8, Nutrition Score:13.368695557522%

Nutrients (% of daily need)

Calories: 219.62kcal (10.98%), Fat: 4.79g (7.37%), Saturated Fat: 0.98g (6.11%), Carbohydrates: 45.65g (15.22%), Net Carbohydrates: 41.55g (15.11%), Sugar: 24.24g (26.93%), Cholesterol: 0mg (0%), Sodium: 194.93mg (8.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.81g (5.62%), Manganese: 0.8mg (39.77%), Folate: 148.83µg (37.21%), Iron: 6.3mg (35%), Vitamin B1: 0.29mg (19.33%), Vitamin B2: 0.32mg (18.97%), Vitamin B6: 0.38mg (18.96%), Vitamin B3: 3.74mg (18.72%), Vitamin B12: 1.12µg (18.6%), Selenium: 12.21µg (17.44%), Fiber: 4.1g (16.39%), Vitamin A: 722.48IU (14.45%), Magnesium: 51.69mg (12.92%), Phosphorus: 103.93mg (10.39%), Zinc: 1.13mg (7.51%), Copper: 0.14mg (7.08%), Vitamin D: 0.73µg (4.89%), Potassium: 123.04mg (3.52%), Vitamin E: 0.36mg (2.42%), Vitamin B5: 0.2mg (2%), Calcium: 12.22mg (1.22%)