



Baby Block Cereal Bars

 Dairy Free

READY IN



130 min.

SERVINGS



9

CALORIES



345 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.3 cup butter
- 10.5 oz marshmallows miniature ()
- 3 cups corn flakes/bran flakes
- 3 cups corn flakes/bran flakes kix®
- 1 cup roasted peanuts salted
- 1 serving chocolate icing (any colors)

Equipment

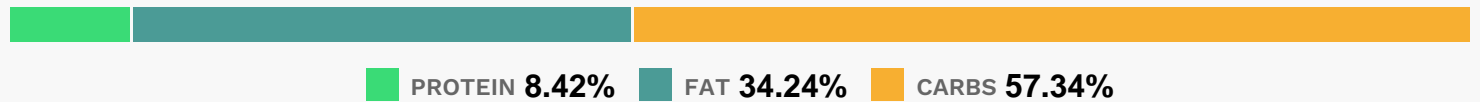
- bowl

- frying pan
- microwave

Directions

- Spray bottom and sides of 9-inch square 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 cereals and peanuts; stir until evenly coated. Press firmly into pan. Cool about 1 hour or until firm.
- Cut into 9 blocks, 3 rows by 3 rows. Decorate as desired, using decorating icing. Store loosely covered.

Nutrition Facts



Properties

Glycemic Index:27.56, Glycemic Load:29.14, Inflammation Score:-8, Nutrition Score:19.527825988667%

Nutrients (% of daily need)

Calories: 344.91kcal (17.25%), Fat: 14.16g (21.79%), Saturated Fat: 2.5g (15.6%), Carbohydrates: 53.36g (17.79%), Net Carbohydrates: 47g (17.09%), Sugar: 25.97g (28.86%), Cholesterol: 0mg (0%), Sodium: 305.89mg (13.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.84g (15.67%), Manganese: 1.34mg (66.81%), Folate: 198.95µg (49.74%), Iron: 7.92mg (43.99%), Vitamin B3: 6.91mg (34.55%), Vitamin B1: 0.4mg (26.62%), Fiber: 6.36g (25.43%), Vitamin B6: 0.5mg (24.82%), Vitamin B2: 0.4mg (23.48%), Selenium: 15.78µg (22.55%), Vitamin B12: 1.34µg (22.33%), Magnesium: 89.2mg (22.3%), Phosphorus: 187.17mg (18.72%), Vitamin A: 892.22IU (17.84%), Copper: 0.27mg (13.63%), Zinc: 1.67mg (11.15%), Potassium: 273.38mg (7.81%), Vitamin D: 0.88µg (5.87%), Vitamin B5: 0.47mg (4.66%), Calcium: 30.93mg (3.09%), Vitamin E: 0.45mg (2.99%)