

## Birds' Nests

 Dairy Free

READY IN



30 min.

SERVINGS



18

CALORIES



157 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 0.5 cup brown sugar
- 1 cup coconut or flaked
- 0.3 cup plus
- 3 cups rice cereal crispy
- 40 jellybeans
- 0.8 cup peanut butter
- 1 teaspoon vanilla extract

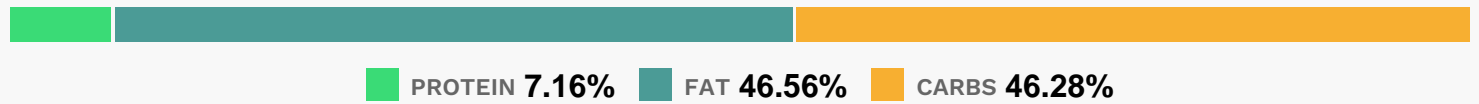
## Equipment

- bowl
- sauce pan

## Directions

- In a medium bowl, stir together the crispy rice cereal and coconut. In a large saucepan, combine corn syrup, brown sugar, peanut butter, and vanilla. Cook over medium heat stirring frequently until the mixture comes to a boil.
- Remove from heat, and stir in the coconut and cereal mixture until it is well coated. Set the mixture aside until cool enough to handle.
- Form the mixture into balls, then make an indentation in the center so that they look like little bird nests.
- Place two or three jelly beans into each nest.

## Nutrition Facts



## Properties

Glycemic Index:1.83, Glycemic Load:1.18, Inflammation Score:-1, Nutrition Score:3.2782608848875%

## Nutrients (% of daily need)

Calories: 157.33kcal (7.87%), Fat: 8.58g (13.2%), Saturated Fat: 3.8g (23.74%), Carbohydrates: 19.2g (6.4%), Net Carbohydrates: 17.86g (6.5%), Sugar: 13.84g (15.37%), Cholesterol: 0mg (0%), Sodium: 54.78mg (2.38%), Alcohol: 0.08g (100%), Alcohol %: 0.29% (100%), Protein: 2.97g (5.94%), Manganese: 0.29mg (14.62%), Vitamin B3: 1.58mg (7.88%), Vitamin E: 1mg (6.69%), Magnesium: 24.04mg (6.01%), Fiber: 1.33g (5.33%), Phosphorus: 50.19mg (5.02%), Copper: 0.09mg (4.69%), Folate: 14.52µg (3.63%), Vitamin B6: 0.06mg (3.23%), Zinc: 0.43mg (2.89%), Potassium: 99.22mg (2.83%), Iron: 0.48mg (2.66%), Selenium: 1.78µg (2.55%), Vitamin B1: 0.04mg (2.35%), Vitamin B2: 0.03mg (2%), Vitamin B5: 0.16mg (1.6%), Calcium: 12.76mg (1.28%)