



Candy Corn and M&M's Chewy Crispy Bars

READY IN



45 min.

SERVINGS



20

CALORIES



107 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons butter
- ☐ 0.7 cup candy corn
- ☐ 6 cups rice chex
- ☐ 10 ounce marshmallows
- ☐ 0.5 cup frangelico
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Equipment

- ☐ frying pan

Directions

☐ Melt butter and marshmallows over medium-low heat. Stir candy corn, M&M's, and cereal into melted marshmallows. Press into a 13 x 9-inch pan coated with cooking spray.

Nutrition Facts



PROTEIN 2.86% **FAT 10.8%** **CARBS 86.34%**

Properties

Glycemic Index:5.53, Glycemic Load:6.96, Inflammation Score:-3, Nutrition Score:4.8034783154726%

Nutrients (% of daily need)

Calories: 106.84kcal (5.34%), Fat: 1.32g (2.03%), Saturated Fat: 0.77g (4.8%), Carbohydrates: 23.68g (7.89%), Net Carbohydrates: 23.5g (8.55%), Sugar: 13.65g (15.17%), Cholesterol: 3.01mg (1%), Sodium: 101.5mg (4.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.79g (1.57%), Iron: 2.73mg (15.17%), Folate: 60.2µg (15.05%), Manganese: 0.29mg (14.56%), Vitamin B2: 0.13mg (7.66%), Vitamin B12: 0.46µg (7.59%), Vitamin B3: 1.51mg (7.55%), Zinc: 1.13mg (7.55%), Vitamin B1: 0.11mg (7.52%), Vitamin B6: 0.15mg (7.52%), Vitamin A: 185IU (3.7%), Calcium: 30.73mg (3.07%), Selenium: 1.84µg (2.63%), Vitamin C: 1.8mg (2.18%), Vitamin D: 0.3µg (2%), Copper: 0.03mg (1.74%), Phosphorus: 13.46mg (1.35%), Vitamin B5: 0.12mg (1.21%)