

Cereal Cupcakes

 Dairy Free

READY IN



80 min.

SERVINGS



22

CALORIES



136 kcal

Ingredients

- ☐ 0.3 cup butter
- ☐ 10.5 oz marshmallows miniature ()
- ☐ 3 cups corn flakes/bran flakes
- ☐ 3 cups corn flakes/bran flakes
- ☐ 1 cup roasted peanuts salted
- ☐ 1 serving frangelico (any shape)

Equipment

- ☐ bowl
- ☐ microwave

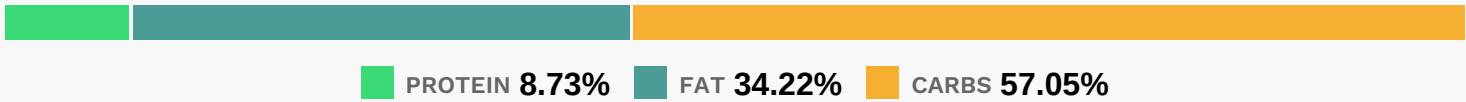
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muffin liners

Directions

- ☐ Spray 22 regular-size muffin cups 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. Firmly press about 1/3 cup cereal mixture into each muffin cup. Cool about 1 hour or until firm. Pipe cupcake icing on each cupcake; sprinkle with decors. Store loosely covered.

Nutrition Facts



Properties

Glycemic Index:9.32, Glycemic Load:11.55, Inflammation Score:-6, Nutrition Score:7.9604347442965%

Nutrients (% of daily need)

Calories: 135.78kcal (6.79%), Fat: 5.59g (8.6%), Saturated Fat: 0.98g (6.15%), Carbohydrates: 20.96g (6.99%), Net Carbohydrates: 18.36g (6.68%), Sugar: 9.82g (10.91%), Cholesterol: 0mg (0%), Sodium: 122.79mg (5.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.21g (6.41%), Manganese: 0.55mg (27.33%), Folate: 81.29µg (20.32%), Iron: 3.24mg (17.98%), Vitamin B3: 2.82mg (14.12%), Vitamin B1: 0.16mg (10.88%), Fiber: 2.6g (10.4%), Vitamin B6: 0.2mg (10.15%), Vitamin B2: 0.16mg (9.38%), Selenium: 6.45µg (9.22%), Vitamin B12: 0.55µg (9.13%), Magnesium: 36.48mg (9.12%), Phosphorus: 76.34mg (7.63%), Vitamin A: 365IU (7.3%), Copper: 0.11mg (5.58%), Zinc: 0.68mg (4.56%), Potassium: 111.4mg (3.18%), Vitamin D: 0.36µg (2.4%), Vitamin B5: 0.19mg (1.9%), Calcium: 12.62mg (1.26%), Vitamin E: 0.16mg (1.09%)