



Cereal Cutouts

 Dairy Free

READY IN



80 min.

SERVINGS



16

CALORIES



207 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 10 cups corn flakes/bran flakes
- ☐ 0.3 cup butter
- ☐ 10.5 oz marshmallows miniature (6 cups)
- ☐ 0.5 teaspoon purple gel food coloring (any color)
- ☐ 4.3 oz chocolate icing
- ☐ 1 serving gumdrops assorted

Equipment

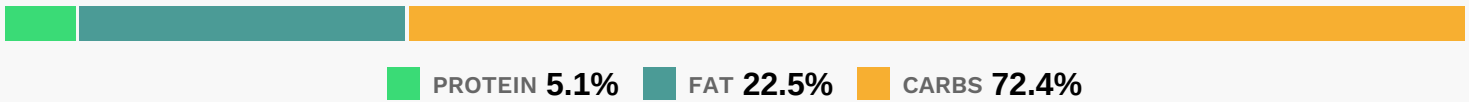
- ☐ bowl

- ☐ frying pan
- ☐ sauce pan
- ☐ cookie cutter

Directions

- ☐ Spray a 15x10x1-inch pan with cooking spray.
- ☐ Pour the cereal into a large bowl.
- ☐ Place the butter and marshmallows in a 2-quart saucepan.
- ☐ Heat over low heat, stirring constantly, until the mixture is smooth.
- ☐ Remove the saucepan from the heat.
- ☐ Stir in the food color until the mixture is evenly colored.
- ☐ Pour the marshmallow mixture over the cereal and stir until it is evenly coated.
- ☐ Pour the mixture into the pan. With the buttered back of a spoon, press the mixture in the pan until it is even. Cool completely, about 1 hour.
- ☐ With 2-inch cookie cutters, cut the mixture into shapes. Decorate the cutouts using the decorator icing to attach the candies. Store the cutouts in a loosely covered container.

Nutrition Facts



Properties

Glycemic Index:15.86, Glycemic Load:22.62, Inflammation Score:-8, Nutrition Score:15.011739114461%

Nutrients (% of daily need)

Calories: 206.89kcal (10.34%), Fat: 5.59g (8.6%), Saturated Fat: 1.12g (7.02%), Carbohydrates: 40.47g (13.49%), Net Carbohydrates: 35.87g (13.05%), Sugar: 20.15g (22.39%), Cholesterol: 0mg (0%), Sodium: 208.36mg (9.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.85g (5.7%), Manganese: 0.89mg (44.67%), Folate: 167.59µg (41.9%), Iron: 7.06mg (39.19%), Vitamin B2: 0.37mg (22.04%), Vitamin B1: 0.33mg (21.76%), Vitamin B6: 0.43mg (21.3%), Vitamin B3: 4.21mg (21.04%), Vitamin B12: 1.25µg (20.91%), Selenium: 13.45µg (19.21%), Fiber: 4.59g (18.37%), Vitamin A: 794.16IU (15.88%), Magnesium: 57.84mg (14.46%), Phosphorus: 116.18mg (11.62%), Zinc: 1.26mg (8.42%), Copper: 0.14mg (7.15%), Vitamin D: 0.82µg (5.5%), Potassium: 138.73mg (3.96%), Vitamin E: 0.45mg (3.03%), Vitamin B5: 0.23mg (2.26%), Calcium: 13.2mg (1.32%), Vitamin K: 1.33µg (1.27%)