



## Cereal Holly Wreaths

 Dairy Free

READY IN



20 min.

SERVINGS



12

CALORIES



60 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 2 cups corn flakes/bran flakes
- 6.5 oz candy melts green
- 1 tablespoon cinnamon candies red

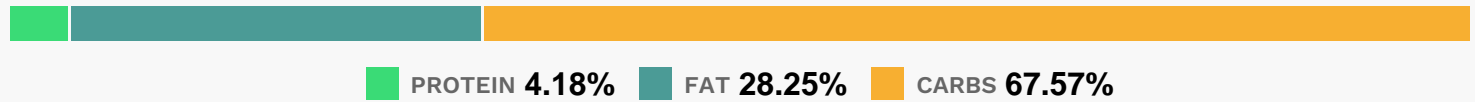
### Equipment

- bowl
- baking sheet
- aluminum foil

## Directions

- Line 1 cookie sheet with foil.
- Place cereal in large bowl. Melt candy melts as directed on package.
- Pour melted candy over cereal; toss to mix.
- For each wreath, drop about 3 tablespoons mixture onto foil-lined cookie sheet. With fingers, shape into 3-inch wreath with 1-inch center opening. Immediately decorate with cinnamon candies.
- Let stand about 5 minutes or until set.

## Nutrition Facts



## Properties

Glycemic Index:6.02, Glycemic Load:3, Inflammation Score:-3, Nutrition Score:3.8760869671469%

## Nutrients (% of daily need)

Calories: 60kcal (3%), Fat: 1.98g (3.05%), Saturated Fat: 1.72g (10.72%), Carbohydrates: 10.67g (3.56%), Net Carbohydrates: 9.45g (3.44%), Sugar: 6.4g (7.11%), Cholesterol: 0mg (0%), Sodium: 42.91mg (1.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.66g (1.32%), Manganese: 0.24mg (11.89%), Folate: 44.47µg (11.12%), Iron: 1.87mg (10.37%), Vitamin B1: 0.09mg (5.78%), Vitamin B6: 0.11mg (5.67%), Vitamin B3: 1.11mg (5.57%), Vitamin B12: 0.33µg (5.56%), Vitamin B2: 0.09mg (5.49%), Selenium: 3.5µg (5%), Fiber: 1.22g (4.88%), Magnesium: 15.27mg (3.82%), Vitamin A: 166.67IU (3.33%), Phosphorus: 29.93mg (2.99%), Zinc: 0.33mg (2.22%), Copper: 0.03mg (1.67%), Vitamin D: 0.22µg (1.47%), Potassium: 35.53mg (1.02%)