



## Cereal Treats I

READY IN



45 min.

SERVINGS



24

CALORIES



101 kcal

### Ingredients

- 3 tablespoons butter
- 5 cups oat cereal toasted
- 6 cups marshmallows miniature
- 0.5 cup peanut butter

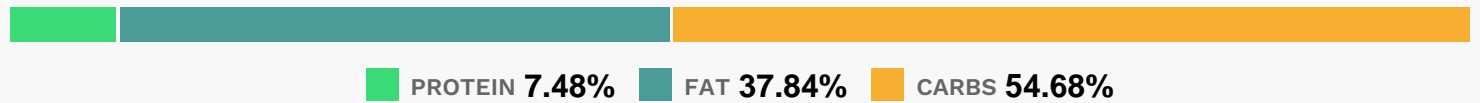
### Equipment

- bowl
- frying pan
- microwave
- spatula

## Directions

- Spray a 13 x 9 inch pan on bottom and sides with non-stick cooking spray.
- In a large bowl in microwave, melt margarine.
- Add marshmallows, stir to coat. Microwave on high 1 1/2 minutes or until smooth when stirred for 45 seconds. Stir in peanut butter.
- Add cereal all at once and stir quickly to coat. With buttered spatula, press into prepared pan. Cool and cut into squares.

## Nutrition Facts



## Properties

Glycemic Index:5.19, Glycemic Load:6.27, Inflammation Score:-3, Nutrition Score:3.7126086937345%

## Nutrients (% of daily need)

Calories: 100.66kcal (5.03%), Fat: 4.48g (6.89%), Saturated Fat: 1.52g (9.5%), Carbohydrates: 14.56g (4.85%), Net Carbohydrates: 13.85g (5.04%), Sugar: 7.96g (8.85%), Cholesterol: 3.76mg (1.25%), Sodium: 66.06mg (2.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.99g (3.98%), Manganese: 0.23mg (11.75%), Folate: 36.04µg (9.01%), Iron: 1.39mg (7.7%), Vitamin B3: 1.51mg (7.54%), Vitamin B6: 0.1mg (5.13%), Vitamin B12: 0.3µg (4.99%), Zinc: 0.73mg (4.86%), Vitamin B1: 0.06mg (4.3%), Vitamin A: 188.06IU (3.76%), Vitamin E: 0.55mg (3.65%), Magnesium: 14.36mg (3.59%), Phosphorus: 35.26mg (3.53%), Fiber: 0.71g (2.85%), Copper: 0.05mg (2.58%), Selenium: 1.54µg (2.2%), Calcium: 19.05mg (1.9%), Potassium: 59.05mg (1.69%), Vitamin C: 0.94mg (1.13%), Vitamin B5: 0.11mg (1.06%), Vitamin D: 0.16µg (1.05%)