



## Cheerios™ and Trix™ Treat Bars

 Dairy Free

READY IN



45 min.

SERVINGS



15

CALORIES



178 kcal

### Ingredients

- 0.3 cup butter
- 4 cups marshmallows miniature
- 3 cups corn flakes/bran flakes
- 3 cups corn flakes/bran flakes
- 1 cup roasted peanuts salted

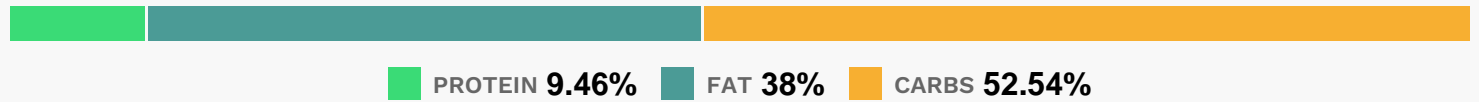
### Equipment

- frying pan
- sauce pan
- plastic wrap

## Directions

- Spray 9-inch square pan with nonstick cooking spray; spray back of large spoon with cooking spray. Melt margarine in large saucepan over medium heat.
- Add marshmallows; cook until melted, stirring constantly.
- Remove from heat. Gently stir in cereals and peanuts.
- Pour mixture into sprayed pan. With sprayed back of spoon, press mixture evenly in pan. Cool 30 minutes or until completely cooled.
- Cut into bars; wrap individually in plastic wrap.

## Nutrition Facts



## Properties

Glycemic Index:13.67, Glycemic Load:13.74, Inflammation Score:-7, Nutrition Score:11.640869709218%

## Nutrients (% of daily need)

Calories: 178.44kcal (8.92%), Fat: 8.18g (12.59%), Saturated Fat: 1.44g (8.99%), Carbohydrates: 25.45g (8.48%), Net Carbohydrates: 21.64g (7.87%), Sugar: 10.66g (11.84%), Cholesterol: 0mg (0%), Sodium: 174.89mg (7.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.58g (9.17%), Manganese: 0.8mg (40.06%), Folate: 119.16µg (29.79%), Iron: 4.73mg (26.29%), Vitamin B3: 4.14mg (20.68%), Vitamin B1: 0.24mg (15.96%), Fiber: 3.81g (15.23%), Vitamin B6: 0.3mg (14.88%), Vitamin B2: 0.23mg (13.75%), Vitamin B12: 0.8µg (13.4%), Selenium: 9.36µg (13.37%), Magnesium: 53.37mg (13.34%), Phosphorus: 111.44mg (11.14%), Vitamin A: 535.33IU (10.71%), Copper: 0.16mg (7.86%), Zinc: 1mg (6.67%), Potassium: 163.07mg (4.66%), Vitamin D: 0.53µg (3.52%), Vitamin B5: 0.28mg (2.78%), Calcium: 18.31mg (1.83%), Vitamin E: 0.24mg (1.6%)