



## Cheerios® Breakfast Rounds "Tea Cakes"

 Vegetarian

READY IN



35 min.

SERVINGS



10

CALORIES



134 kcal

DESSERT

### Ingredients

- 1 cup corn flakes/bran flakes
- 1.5 cups frosted toast cereal
- 0.3 cup butter
- 1 tablespoon brown sugar packed
- 0.3 cup honey
- 0.5 teaspoon vanilla
- 0.5 cup strawberries dried finely chopped
- 1 serving powdered sugar

## Equipment

- bowl
- baking sheet
- sauce pan
- baking paper

## Directions

- Line large cookie sheet with cooking parchment paper. In large bowl, measure cereals; set aside.
- In 1-quart saucepan, melt butter over medium heat.
- Add brown sugar and honey; stir until well combined. Cook over medium heat 2 to 3 minutes, stirring constantly, until sugar is dissolved.
- Remove from heat; stir in vanilla.
- Pour syrup mixture over cereal and stir to coat evenly. Stir in strawberries.
- Place 2- to 2 1/2-inch round biscuit cutter on cookie sheet. Spoon 3 rounded tablespoons of cereal mixture in center of biscuit cutter; press firmly.
- Remove cutter. Repeat with remaining cereal mixture. Refrigerate 15 minutes or until set.
- Sprinkle with powdered sugar. Store in covered container in refrigerator up to 5 days.

## Nutrition Facts



**PROTEIN 2.52%** **FAT 31.18%** **CARBS 66.3%**

## Properties

Glycemic Index:17.45, Glycemic Load:5.44, Inflammation Score:-4, Nutrition Score:5.6117391715879%

## Nutrients (% of daily need)

Calories: 133.57kcal (6.68%), Fat: 4.79g (7.37%), Saturated Fat: 2.96g (18.51%), Carbohydrates: 22.93g (7.64%), Net Carbohydrates: 21.59g (7.85%), Sugar: 16.26g (18.06%), Cholesterol: 12.2mg (4.07%), Sodium: 88.28mg (3.84%), Alcohol: 0.07g (100%), Alcohol %: 0.27% (100%), Protein: 0.87g (1.74%), Iron: 2.9mg (16.12%), Vitamin B6: 0.3mg (14.78%), Folate: 51.1µg (12.77%), Vitamin B3: 2.43mg (12.14%), Vitamin B12: 0.72µg (12%), Vitamin B1: 0.17mg (11.47%), Vitamin B2: 0.17mg (10.03%), Manganese: 0.15mg (7.71%), Vitamin A: 343.63IU (6.87%), Fiber: 1.34g (5.35%),

Selenium: 2.45µg (3.5%), Vitamin D: 0.43µg (2.85%), Magnesium: 10.08mg (2.52%), Phosphorus: 22.68mg (2.27%),  
Vitamin C: 1.57mg (1.9%), Zinc: 0.23mg (1.56%), Copper: 0.03mg (1.31%), Vitamin E: 0.17mg (1.11%)