



Cheerios™ Cake

READY IN



70 min.

SERVINGS



16

CALORIES



303 kcal

DESSERT

Ingredients

- ☐ 0.5 cup butter
- ☐ 10 oz marshmallows miniature
- ☐ 8 cups corn flakes/bran flakes
- ☐ 2 cups m&m candies

Equipment

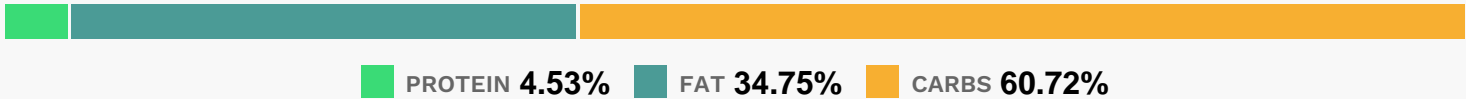
- ☐ bowl
- ☐ frying pan
- ☐ knife

- ☐ cake form
- ☐ microwave

Directions

- ☐ Spray 10-inch angel food (tube) cake pan or 12-cup fluted tube cake pan with cooking spray.
- ☐ In large microwavable bowl, microwave butter uncovered on High 30 to 60 seconds or until melted.
- ☐ Add marshmallows; toss to coat. Microwave on High 1 minute 30 seconds to 2 minutes, stirring every 30 seconds, until marshmallows are completely melted and mixture is well blended. Stir in cereal and candies until well coated. Press evenly into pan.
- ☐ Cool at room temperature until firm, about 1 hour. If necessary, run knife around edge of cake to loosen from pan. Turn cake upside down onto serving platter.

Nutrition Facts



Properties

Glycemic Index:11.42, Glycemic Load:17.69, Inflammation Score:-7, Nutrition Score:12.380434951057%

Nutrients (% of daily need)

Calories: 303.33kcal (15.17%), Fat: 12.28g (18.9%), Saturated Fat: 7.5g (46.86%), Carbohydrates: 48.29g (16.1%), Net Carbohydrates: 43.91g (15.97%), Sugar: 30.19g (33.54%), Cholesterol: 19.15mg (6.38%), Sodium: 185.47mg (8.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.6g (7.2%), Manganese: 0.71mg (35.75%), Folate: 133.79µg (33.45%), Iron: 5.96mg (33.12%), Fiber: 4.38g (17.52%), Vitamin B1: 0.26mg (17.37%), Vitamin B6: 0.34mg (17.04%), Vitamin B12: 1.01µg (16.87%), Vitamin B3: 3.36mg (16.78%), Vitamin B2: 0.28mg (16.62%), Selenium: 10.87µg (15.53%), Vitamin A: 735.51IU (14.71%), Magnesium: 46.3mg (11.57%), Phosphorus: 92.92mg (9.29%), Zinc: 1.01mg (6.76%), Copper: 0.12mg (5.86%), Vitamin D: 0.66µg (4.4%), Calcium: 41.19mg (4.12%), Potassium: 109.19mg (3.12%), Vitamin E: 0.32mg (2.12%), Vitamin B5: 0.18mg (1.82%)