



## Cheerios® Christmas Trees

 Gluten Free  Dairy Free  Popular  Low Fod Map

READY IN



105 min.

SERVINGS



18

CALORIES



376 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 6 cups pinenuts
- 6 tablespoons butter
- 4.5 cups marshmallows miniature
- 1 serving purple gel food coloring green
- 1 serving cinnamon red sliced

### Equipment

- bowl
- baking sheet

sauce pan

## Directions

- Line a cookie sheet with waxed paper.
- Pour the cereal into a 4-quart bowl. Set the bowl aside.
- Place the butter and marshmallows in a 3-quart saucepan.
- Heat over low heat, stirring constantly, until the mixture is smooth.
- Remove the saucepan from the heat.
- Stir in the food color until the mixture is evenly colored.
- Pour the marshmallow mixture over the cereal and stir until the cereal is evenly coated.
- Lightly spray your hands with cooking spray. For each tree, shape about 1/4 cup of the cereal mixture into a Christmas tree shape on the cookie sheet.
- Press the candies into the trees to decorate. Refrigerate until firm, about 1 hour. Store the trees in a loosely covered container.

## Nutrition Facts

 **PROTEIN 6.41%** **FAT 77.46%** **CARBS 16.13%**

## Properties

Glycemic Index:3.64, Glycemic Load:6.14, Inflammation Score:-6, Nutrition Score:14.149565127233%

## Nutrients (% of daily need)

Calories: 376.43kcal (18.82%), Fat: 34.56g (53.17%), Saturated Fat: 2.99g (18.7%), Carbohydrates: 16.19g (5.4%), Net Carbohydrates: 14.45g (5.26%), Sugar: 8.82g (9.8%), Cholesterol: 0mg (0%), Sodium: 54.92mg (2.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.44g (12.87%), Manganese: 3.98mg (199.07%), Copper: 0.61mg (30.33%), Vitamin E: 4.35mg (28.97%), Magnesium: 113.41mg (28.35%), Phosphorus: 260.89mg (26.09%), Vitamin K: 24.29µg (23.13%), Zinc: 2.91mg (19.4%), Iron: 2.53mg (14.04%), Vitamin B1: 0.16mg (10.96%), Vitamin B3: 1.99mg (9.94%), Potassium: 271.71mg (7.76%), Fiber: 1.74g (6.95%), Vitamin B2: 0.1mg (6.12%), Folate: 15.48µg (3.87%), Vitamin A: 180.3IU (3.61%), Vitamin B6: 0.04mg (2.16%), Vitamin B5: 0.15mg (1.46%), Calcium: 10.09mg (1.01%)