



Cheerios® Tarts with Yogurt and Berries

READY IN



30 min.

SERVINGS



24

CALORIES



36 kcal

Ingredients

- ☐ 12 blackberries fresh
- ☐ 2 teaspoons butter
- ☐ 2.3 cups corn flakes/bran flakes
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 2 cups marshmallows miniature
- ☐ 12 raspberries fresh
- ☐ 6 oz vanilla yogurt fat free french 99% yoplait®

Equipment

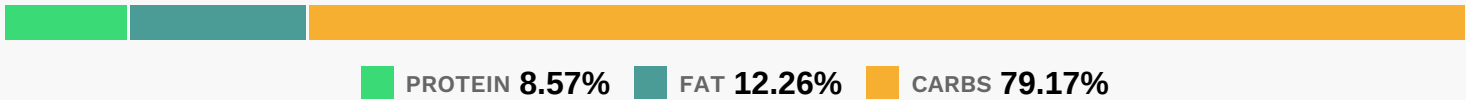
- ☐ sauce pan

☐ muffin liners

Directions

- ☐ Spray 24 mini muffin cups with cooking spray. In large saucepan, heat marshmallows, butter and cinnamon over medium-low heat about 2 minutes, stirring constantly, until marshmallows are melted.
- ☐ Remove from heat.
- ☐ Add cereal; stir until well coated.
- ☐ Spoon about 1 tablespoon cereal mixture into each muffin cup; press in bottoms and up sides of cups.
- ☐ Let stand until set.
- ☐ Just before serving, remove tarts from muffin cups. Top each with a small spoonful of yogurt and 1 berry.

Nutrition Facts



Properties

Glycemic Index:9.95, Glycemic Load:3.76, Inflammation Score:-2, Nutrition Score:2.658260875422%

Flavonoids

Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.38mg, Catechin: 0.38mg, Catechin: 0.38mg, Catechin: 0.38mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 35.61kcal (1.78%), Fat: 0.53g (0.81%), Saturated Fat: 0.29g (1.81%), Carbohydrates: 7.63g (2.54%), Net Carbohydrates: 6.8g (2.47%), Sugar: 4.17g (4.63%), Cholesterol: 1.25mg (0.42%), Sodium: 30.96mg (1.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.83g (1.65%), Manganese: 0.15mg (7.74%), Folate: 26.31µg (6.58%), Iron: 1.08mg (6.01%), Vitamin B2: 0.07mg (3.98%), Vitamin B12: 0.23µg (3.76%), Vitamin B1: 0.05mg (3.49%), Selenium:

2.4µg (3.43%), Vitamin B6: 0.07mg (3.4%), Fiber: 0.83g (3.32%), Vitamin B3: 0.65mg (3.25%), Phosphorus: 27.38mg (2.74%), Magnesium: 10.26mg (2.56%), Vitamin A: 109.8IU (2.2%), Zinc: 0.26mg (1.72%), Calcium: 14.95mg (1.5%), Copper: 0.03mg (1.32%), Potassium: 39.13mg (1.12%)