



Chex® Holiday Cutouts

 Dairy Free

READY IN



30 min.

SERVINGS



24

CALORIES



240 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup butter
- ☐ 24 servings m&m candies
- ☐ 11 cups frosted toast cereal
- ☐ 16 oz marshmallows (72)

Equipment

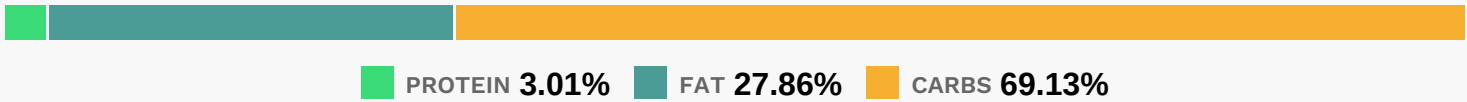
- ☐ bowl
- ☐ frying pan
- ☐ ziploc bags

- ☐ microwave
- ☐ rolling pin

Directions

- ☐ Butter 15x10x1-inch pan. Coarsely crush cereal. (To easily crush cereal, place in plastic bag or between sheets of waxed paper, and crush with rolling pin.)
- ☐ In large microwavable bowl, microwave marshmallows and butter uncovered on High 2 to 3 minutes, stirring each minute, until mixture is smooth. Stir in crushed cereal. Using buttered back of spoon or hands, press firmly in pan. Cool completely, about 15 minutes.
- ☐ Cut into shapes with 2 1/2- to 3-inch holiday cutters (such as Fourth of July flag or star, Halloween pumpkin or ghost, Christmas tree or snowman, Hanukkah dreidel or star, Easter egg or bunny, etc.). Decorate with frosting and candies.

Nutrition Facts



Properties

Glycemic Index:2.52, Glycemic Load:9.28, Inflammation Score:-5, Nutrition Score:9.3182608974369%

Nutrients (% of daily need)

Calories: 240.44kcal (12.02%), Fat: 7.67g (11.8%), Saturated Fat: 3.06g (19.11%), Carbohydrates: 42.84g (14.28%), Net Carbohydrates: 41.99g (15.27%), Sugar: 27.08g (30.09%), Cholesterol: 2.25mg (0.75%), Sodium: 160.01mg (6.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.86g (3.72%), Vitamin B6: 0.69mg (34.41%), Iron: 5.37mg (29.82%), Vitamin B3: 5.35mg (26.74%), Vitamin B12: 1.56µg (26.07%), Vitamin B1: 0.37mg (24.43%), Vitamin B2: 0.34mg (19.7%), Folate: 73.77µg (18.44%), Vitamin A: 513.84IU (10.28%), Vitamin D: 0.9µg (6.03%), Vitamin C: 4.76mg (5.77%), Fiber: 0.85g (3.39%), Calcium: 19.96mg (2%), Selenium: 0.96µg (1.37%), Copper: 0.03mg (1.29%), Phosphorus: 11.65mg (1.16%), Vitamin E: 0.16mg (1.07%)