



Chocolate Cereal Bars

 Dairy Free

READY IN



45 min.

SERVINGS



18

CALORIES



98 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 cups flake cereal whole wheat
- ☐ 4 cups rice cereal crispy
- ☐ 5.3 ounce chocolate whipped frosting mix sweet sugar-free (such as 'N Low)
- ☐ 3 tablespoons butter
- ☐ 2 cups marshmallows miniature

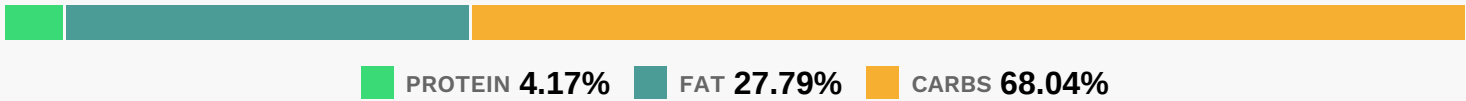
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Melt margarine in a large saucepan over medium heat.
- ☐ Add sweetener; stir well.
- ☐ Add marshmallows; cook, stirring constantly, until marshmallows melt.
- ☐ Remove from heat; stir in cereals.
- ☐ Press cereal mixture evenly into bottom of a 13- x 9-inch pan coated with cooking spray.
- ☐ Let cool at least 1 hour.
- ☐ Prepare chocolate frosting mix according to package directions.
- ☐ Spread frosting over cereal mixture. Cover and chill 8 hours or until frosting is slightly firm.
- ☐ Cut into 3- x 2-inch bars.

Nutrition Facts



Properties

Glycemic Index:7.38, Glycemic Load:4.73, Inflammation Score:-3, Nutrition Score:3.178260869549%

Nutrients (% of daily need)

Calories: 97.98kcal (4.9%), Fat: 3.26g (5.02%), Saturated Fat: 1.25g (7.82%), Carbohydrates: 17.96g (5.99%), Net Carbohydrates: 16.75g (6.09%), Sugar: 8.99g (9.99%), Cholesterol: 0mg (0%), Sodium: 120.94mg (5.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.1g (2.2%), Folate: 36.11µg (9.03%), Iron: 1.52mg (8.47%), Manganese: 0.16mg (7.95%), Vitamin B1: 0.08mg (5.09%), Fiber: 1.21g (4.83%), Vitamin B3: 0.89mg (4.47%), Vitamin B2: 0.07mg (4.36%), Selenium: 2.86µg (4.09%), Vitamin A: 195.48IU (3.91%), Vitamin B6: 0.08mg (3.8%), Vitamin B12: 0.22µg (3.74%), Magnesium: 11.6mg (2.9%), Phosphorus: 25.83mg (2.58%), Copper: 0.04mg (1.88%), Zinc: 0.27mg (1.8%), Calcium: 11.46mg (1.15%)