



## Chocolate Cheerios® Marshmallow Bites

READY IN



50 min.

SERVINGS



24

CALORIES



120 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 0.5 cup flour all-purpose
- 0.5 cup corn flakes/bran flakes crushed
- 0.3 cup brown sugar packed
- 0.3 teaspoon double-acting baking powder
- 0.3 cup butter softened
- 0.5 teaspoon vanilla
- 1.3 cups marshmallows miniature
- 0.3 cup plus light
- 2 tablespoons butter

- 0.5 teaspoon vanilla
- 1 cup milk chocolate chips
- 2 cups corn flakes/bran flakes

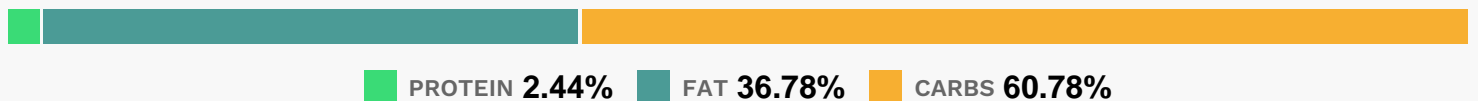
## Equipment

- bowl
- sauce pan
- oven
- hand mixer
- muffin liners

## Directions

- Heat oven to 350°F. In medium bowl, mix all crust ingredients except marshmallows with electric mixer on low speed until crumbly. Divide evenly among 24 nonstick mini muffin cups (about 2 level teaspoonfuls per cup); press firmly into bottom of each cup.
- Bake 6 to 7 minutes or until puffed and golden brown.
- Place 5 marshmallows in each cup.
- Bake 1 to 2 minutes longer until marshmallows just begin to puff. Cool.
- Meanwhile, in 2-quart saucepan, mix all topping ingredients except cereal.
- Heat over medium-low heat just until chips are melted and mixture is smooth, stirring constantly.
- Remove from heat; stir in cereal. Immediately spoon cereal mixture by heaping tablespoonfuls over marshmallows, pressing down slightly. Cool about 15 minutes or until firm.
- Remove from muffin cups; cool completely.

## Nutrition Facts



## Properties

Glycemic Index:20.46, Glycemic Load:5.38, Inflammation Score:-3, Nutrition Score:3.0573912988538%

## Nutrients (% of daily need)

Calories: 120.31kcal (6.02%), Fat: 5.13g (7.9%), Saturated Fat: 3.18g (19.86%), Carbohydrates: 19.09g (6.36%), Net Carbohydrates: 18.26g (6.64%), Sugar: 13.29g (14.77%), Cholesterol: 7.59mg (2.53%), Sodium: 55.7mg (2.42%), Alcohol: 0.06g (100%), Alcohol %: 0.25% (100%), Protein: 0.77g (1.53%), Manganese: 0.17mg (8.45%), Folate: 32.72µg (8.18%), Iron: 1.32mg (7.34%), Vitamin B1: 0.08mg (5.18%), Selenium: 3.22µg (4.6%), Vitamin B3: 0.86mg (4.29%), Vitamin B2: 0.07mg (4.27%), Vitamin A: 192.41IU (3.85%), Vitamin B6: 0.07mg (3.67%), Vitamin B12: 0.21µg (3.57%), Fiber: 0.84g (3.34%), Magnesium: 10.59mg (2.65%), Phosphorus: 23.64mg (2.36%), Zinc: 0.25mg (1.69%), Potassium: 51.78mg (1.48%), Copper: 0.03mg (1.44%), Calcium: 14.13mg (1.41%)