



Chocolate Cheerios® Marshmallow Bites

READY IN



50 min.

SERVINGS



24

CALORIES



120 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

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

- ☐ 1 cup milk chocolate chips
- ☐ 0.5 teaspoon vanilla

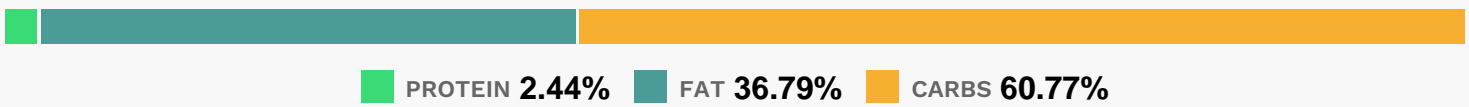
Equipment

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

Directions

- ☐ Heat oven to 350F. 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:3.0556521752606%

Nutrients (% of daily need)

Calories: 120.07kcal (6%), Fat: 5.13g (7.9%), Saturated Fat: 3.18g (19.86%), Carbohydrates: 19.08g (6.36%), Net Carbohydrates: 18.24g (6.63%), Sugar: 13.28g (14.76%), Cholesterol: 7.59mg (2.53%), Sodium: 55.7mg (2.42%), Alcohol: 0.03g (100%), Alcohol %: 0.13% (100%), Protein: 0.77g (1.53%), Manganese: 0.17mg (8.44%), Folate: 32.72µg (8.18%), Iron: 1.32mg (7.34%), Vitamin B1: 0.08mg (5.17%), Selenium: 3.22µg (4.6%), Vitamin B3: 0.86mg (4.28%), 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: 10.58mg (2.65%), Phosphorus: 23.63mg (2.36%), Zinc: 0.25mg (1.68%), Potassium: 51.65mg (1.48%), Copper: 0.03mg (1.44%), Calcium: 14.12mg (1.41%)