



Chocolate Cheerios® Marshmallow Hearts

READY IN



105 min.

SERVINGS



18

CALORIES



317 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

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

- ☐ 1 teaspoon vanilla
- ☐ 11.5 ounces milk chocolate chips
- ☐ 4 cups corn flakes/bran flakes
- ☐ 1 serving sprinkles

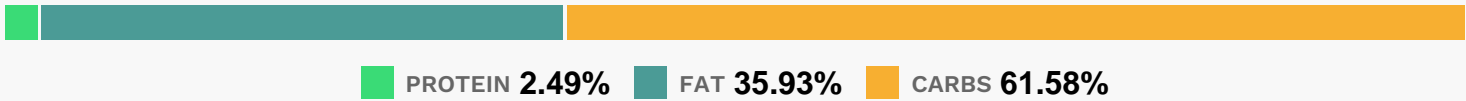
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ hand mixer
- ☐ aluminum foil
- ☐ cookie cutter

Directions

- ☐ Heat oven to 350°F. Line bottom and sides of 13x9-inch pan with foil. In large bowl, mix all crust ingredients except marshmallows with electric mixer on low speed until crumbly. Press firmly into bottom of pan.
- ☐ Bake 12 to 15 minutes or until light golden brown.
- ☐ Remove from oven. Immediately sprinkle with marshmallows. Return to oven; bake an additional 1 to 2 minutes or until marshmallows just begin to puff. Cool while preparing topping.
- ☐ In large saucepan, place all topping ingredients except cereal and sprinkles.
- ☐ Heat over medium-low heat just until chips are melted and mixture is smooth, stirring constantly.
- ☐ Remove from heat; stir in 4 cups cereal. Immediately spoon warm topping over marshmallows; spread to cover.
- ☐ Sprinkle with candy sprinkles. Cool completely, at least 1 hour.
- ☐ Using foil to lift, remove mixture from pan; remove foil. With deep 2 1/2-inch heart-shaped cookie cutter, cut out 18 hearts. Store loosely covered.

Nutrition Facts



Properties

Glycemic Index:27.28, Glycemic Load:14.79, Inflammation Score:-6, Nutrition Score:8.1469565915025%

Nutrients (% of daily need)

Calories: 316.99kcal (15.85%), Fat: 13.22g (20.34%), Saturated Fat: 8.18g (51.14%), Carbohydrates: 50.97g (16.99%), Net Carbohydrates: 48.74g (17.72%), Sugar: 35.41g (39.34%), Cholesterol: 20.34mg (6.78%), Sodium: 149.55mg (6.5%), Alcohol: 0.15g (100%), Alcohol %: 0.26% (100%), Protein: 2.06g (4.12%), Manganese: 0.45mg (22.54%), Folate: 87.27µg (21.82%), Iron: 3.53mg (19.58%), Vitamin B1: 0.21mg (13.8%), Selenium: 8.61µg (12.3%), Vitamin B3: 2.29mg (11.43%), Vitamin B2: 0.19mg (11.39%), Vitamin A: 514.14IU (10.28%), Vitamin B6: 0.2mg (9.8%), Vitamin B12: 0.57µg (9.53%), Fiber: 2.23g (8.92%), Magnesium: 28.27mg (7.07%), Phosphorus: 63.11mg (6.31%), Zinc: 0.67mg (4.5%), Copper: 0.08mg (3.89%), Potassium: 132.73mg (3.79%), Calcium: 36.37mg (3.64%), Vitamin D: 0.37µg (2.44%), Vitamin E: 0.31mg (2.06%), Vitamin B5: 0.15mg (1.49%)