



## Chocolate-Dipped Frosted Toast Crunch™ Cereal Marshmallow Treats

READY IN



60 min.

SERVINGS



24

CALORIES



148 kcal

DESSERT

### Ingredients

- ☐ 9 oz chocolate chips dark
- ☐ 10.5 oz marshmallows miniature
- ☐ 6 cups frosted toast cereal
- ☐ 3 tablespoons butter unsalted

### Equipment

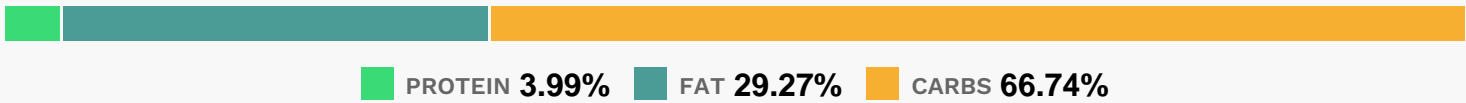
- ☐ bowl
- ☐ frying pan

- ☐ baking sheet
- ☐ sauce pan
- ☐ wire rack
- ☐ baking pan
- ☐ microwave
- ☐ spatula
- ☐ serrated knife
- ☐ glass baking pan

## Directions

- ☐ Spray 13x9-inch (3-quart) glass baking dish or pan with cooking spray. Line cookie sheet with waxed paper; set aside.
- ☐ In 3-quart saucepan, melt butter over medium heat.
- ☐ Add marshmallows; cook, stirring constantly, until marshmallows are completely melted.
- ☐ Remove from heat.
- ☐ Pour mixture into large bowl.
- ☐ Add cereal; stir with rubber spatula until cereal is thoroughly coated.
- ☐ Pour cereal mixture into baking dish; press in dish with rubber spatula. Cool completely on cooling rack, about 30 minutes.
- ☐ Carefully invert baking dish onto waxed paper-lined cookie sheet; remove dish. Using serrated knife, cut cereal mixture into 6 rows by 4 rows to make 24 bars.
- ☐ In small microwavable bowl, microwave dark chocolate chips on High in 30-second increments, stirring in between, until chips are melted and can be stirred smooth.
- ☐ Dip one end of each bar into melted chocolate; return to paper-lined cookie sheet to set. Refrigerate 10 minutes or until chocolate is completely set before serving.

## Nutrition Facts



## Properties

Glycemic Index:2.52, Glycemic Load:6.09, Inflammation Score:-3, Nutrition Score:5.8717391931492%

Nutrients (% of daily need)

Calories: 148.14kcal (7.41%), Fat: 4.96g (7.63%), Saturated Fat: 4.04g (25.23%), Carbohydrates: 25.44g (8.48%), Net Carbohydrates: 24.79g (9.01%), Sugar: 14.49g (16.1%), Cholesterol: 3.87mg (1.29%), Sodium: 70.63mg (3.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.52g (3.04%), Vitamin B6: 0.39mg (19.45%), Iron: 2.97mg (16.5%), Vitamin B3: 3.03mg (15.15%), Vitamin B12: 0.88µg (14.72%), Vitamin B1: 0.21mg (14.02%), Vitamin B2: 0.2mg (11.84%), Folate: 42.52µg (10.63%), Vitamin A: 214.48IU (4.29%), Vitamin D: 0.52µg (3.46%), Calcium: 33.32mg (3.33%), Vitamin C: 2.59mg (3.14%), Zinc: 0.4mg (2.65%), Fiber: 0.65g (2.59%), Potassium: 76.31mg (2.18%), Phosphorus: 19.74mg (1.97%), Copper: 0.04mg (1.79%), Selenium: 1.13µg (1.61%), Vitamin E: 0.21mg (1.43%), Magnesium: 4.95mg (1.24%), Manganese: 0.02mg (1.09%), Vitamin B5: 0.1mg (1.05%)