

Christmas Wreaths

 Dairy Free

READY IN

ready

45 min.

SERVINGS

servings

24

CALORIES

calories

176 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3.5 cups corn flake cereal
- ☐ 2 teaspoons food coloring green
- ☐ 24 servings maraschino cherries red
- ☐ 0.5 cup butter
- ☐ 30 regular-size marshmallows
- ☐ 1 teaspoon vanilla extract

Equipment

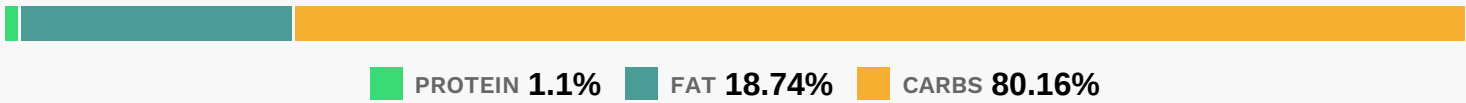
- ☐ baking sheet

- ☐ double boiler
- ☐ wax paper

Directions

- ☐ Spread corn flake cereal on a baking sheet.
- ☐ Heat marshmallows, margarine, vanilla and food coloring in a double boiler until marshmallows melt. Carefully pour marshmallow mixture over cereal. Blend well and, as mixture cools, spoon 2 tablespoons of mixture onto wax paper. Form cereal mixture into a wreath shape. Arrange candies on top of each wreath to resemble holly berries. Allow wreaths to set up.

Nutrition Facts



Properties

Glycemic Index:2.52, Glycemic Load:4.3, Inflammation Score:-2, Nutrition Score:1.7843478445126%

Nutrients (% of daily need)

Calories: 175.73kcal (8.79%), Fat: 3.84g (5.91%), Saturated Fat: 0.8g (5%), Carbohydrates: 36.97g (12.32%), Net Carbohydrates: 36.82g (13.39%), Sugar: 28.51g (31.67%), Cholesterol: 0mg (0%), Sodium: 81.38mg (3.54%), Alcohol: 0.06g (100%), Alcohol %: 0.16% (100%), Protein: 0.51g (1.01%), Iron: 1.2mg (6.67%), Vitamin A: 242.09IU (4.84%), Vitamin B2: 0.06mg (3.77%), Vitamin B3: 0.74mg (3.7%), Vitamin B1: 0.06mg (3.69%), Vitamin B6: 0.07mg (3.69%), Folate: 14.71µg (3.68%), Vitamin B12: 0.21µg (3.48%), Vitamin C: 0.87mg (1.05%), Vitamin E: 0.15mg (1.01%)