



Christmas Wreaths

READY IN



30 min.

SERVINGS



18

CALORIES



111 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup butter
- 4 cups cornflakes
- 1.5 teaspoons drop natural food coloring green
- 30 large marshmallows
- 2 tablespoons cinnamon candies red hot
- 1 teaspoon vanilla extract

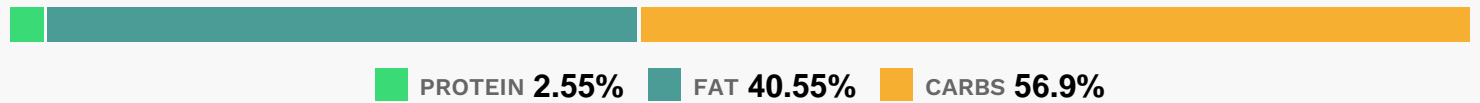
Equipment

- sauce pan

Directions

- Melt butter in a large saucepan over low heat.
- Add marshmallows, and cook until melted, stirring constantly.
- Remove from heat, and stir in the food coloring, vanilla, and cornflakes.
- Quickly drop heaping tablespoonfuls of the mixture onto waxed paper, and form into a wreath shape with lightly greased fingers. Immediately decorate with red hot candies. Allow to cool to room temperature before removing from waxed paper, and storing in an airtight container.

Nutrition Facts



Properties

Glycemic Index:6.14, Glycemic Load:5.73, Inflammation Score:-2, Nutrition Score:2.6173913051253%

Nutrients (% of daily need)

Calories: 110.96kcal (5.55%), Fat: 5.16g (7.94%), Saturated Fat: 3.25g (20.34%), Carbohydrates: 16.3g (5.43%), Net Carbohydrates: 16.08g (5.85%), Sugar: 8.7g (9.66%), Cholesterol: 13.56mg (4.52%), Sodium: 95.26mg (4.14%), Alcohol: 0.08g (100%), Alcohol %: 0.37% (100%), Protein: 0.73g (1.46%), Iron: 1.83mg (10.15%), Vitamin B2: 0.1mg (5.71%), Vitamin B3: 1.13mg (5.63%), Folate: 22.52µg (5.63%), Vitamin B6: 0.11mg (5.6%), Vitamin B1: 0.08mg (5.59%), Vitamin A: 268.7IU (5.37%), Vitamin B12: 0.32µg (5.36%), Vitamin C: 1.31mg (1.58%), Vitamin D: 0.22µg (1.49%), Copper: 0.02mg (1.19%), Selenium: 0.78µg (1.11%), Vitamin E: 0.15mg (1.03%)