



Cinnamon Burst Cheerios® Cereal Pops

READY IN



65 min.

SERVINGS



36

CALORIES



172 kcal

DESSERT

Ingredients

- ☐ 0.5 cup butter
- ☐ 14 oz individually wrapped caramels
- ☐ 36 celery stalks
- ☐ 12 oz corn flakes/bran flakes
- ☐ 16 oz marshmallows (36)
- ☐ 14 oz condensed milk sweetened canned (not evaporated)

Equipment

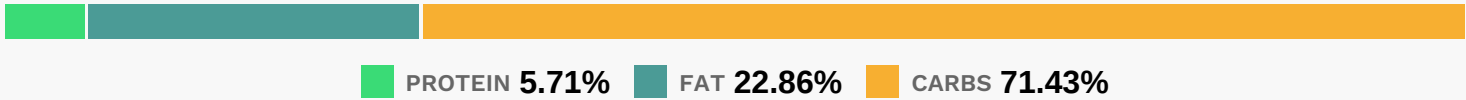
- ☐ baking sheet

- ☐ sauce pan
- ☐ aluminum foil
- ☐ lollipop sticks

Directions

- ☐ Line large cookie sheets with foil.
- ☐ In heavy, nonstick 2-quart saucepan, heat condensed milk, butter and caramels over low heat, stirring frequently, until melted and smooth.
- ☐ Remove from heat.
- ☐ Insert lollipop stick into marshmallow; dip into hot caramel.
- ☐ Roll in cereal to coat completely.
- ☐ Place on foil-lined cookie sheet. Repeat with remaining marshmallows. Refrigerate about 30 minutes or until set. Store in airtight container.

Nutrition Facts



Properties

Glycemic Index:8.08, Glycemic Load:19.63, Inflammation Score:-5, Nutrition Score:7.0734782193018%

Flavonoids

Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 171.8kcal (8.59%), Fat: 4.62g (7.11%), Saturated Fat: 1.45g (9.07%), Carbohydrates: 32.48g (10.83%), Net Carbohydrates: 30.68g (11.16%), Sugar: 22.29g (24.76%), Cholesterol: 4.52mg (1.51%), Sodium: 135.05mg (5.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.6g (5.2%), Manganese: 0.34mg (17.21%), Folate: 66.28µg (16.57%), Iron: 2.72mg (15.11%), Vitamin B2: 0.21mg (12.35%), Selenium: 7.02µg (10.03%), Vitamin B1: 0.15mg (9.69%), Vitamin B12: 0.56µg (9.29%), Vitamin B6: 0.18mg (8.8%), Phosphorus: 85.58mg (8.56%), Vitamin B3: 1.64mg (8.2%), Vitamin A: 401.05IU (8.02%), Fiber: 1.81g (7.22%), Magnesium: 27.17mg (6.79%), Calcium: 53.61mg (5.36%), Zinc: 0.63mg (4.23%), Potassium: 127.22mg (3.63%), Copper: 0.06mg (3.23%), Vitamin B5: 0.25mg (2.46%), Vitamin D: 0.33µg (2.23%), Vitamin E: 0.25mg (1.66%), Vitamin K: 1.57µg (1.49%)