



Cinnamon Burst Cheerios® Marshmallow Bars

 Dairy Free

READY IN



150 min.

SERVINGS



24

CALORIES



107 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2 tablespoons butter
- 10.5 oz marshmallows miniature
- 6 cups corn flakes/bran flakes
- 0.3 cup semi chocolate chips
- 0.3 cup peppermint candies white
- 1 teaspoon vegetable oil

Equipment

- bowl

- frying pan
- microwave

Directions

- Spray 13x9-inch pan with cooking spray.
- In large microwavable bowl, microwave butter uncovered on High 30 to 45 seconds or until melted.
- Add marshmallows; toss to coat. Microwave on High 1 minute 15 seconds to 1 minute 20 seconds, stirring every 30 seconds, until mixture can be stirred smooth. Stir in cereal until well coated. Press evenly into pan.
- In small bowl, microwave semisweet chocolate chips with 1/2 teaspoon oil uncovered on High 45 to 60 seconds, stirring every 15 seconds, until smooth. Repeat with white baking chips and remaining 1/2 teaspoon oil.
- Drizzle on bars. Refrigerate about 30 minutes or cool at room temperature until chocolate is set. For bars, cut into 6 rows by 4 rows.

Nutrition Facts



Properties

Glycemic Index:5.53, Glycemic Load:10.59, Inflammation Score:-5, Nutrition Score:6.2504347018574%

Nutrients (% of daily need)

Calories: 106.53kcal (5.33%), Fat: 2.93g (4.51%), Saturated Fat: 1.41g (8.84%), Carbohydrates: 20.59g (6.86%), Net Carbohydrates: 18.59g (6.76%), Sugar: 11.09g (12.32%), Cholesterol: 0.11mg (0.04%), Sodium: 76.64mg (3.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.46g (2.92%), Manganese: 0.38mg (19.13%), Folate: 66.84µg (16.71%), Iron: 2.95mg (16.37%), Vitamin B1: 0.13mg (8.72%), Vitamin B6: 0.17mg (8.56%), Vitamin B3: 1.7mg (8.48%), Vitamin B12: 0.5µg (8.41%), Vitamin B2: 0.14mg (8.32%), Selenium: 5.62µg (8.03%), Fiber: 1.99g (7.97%), Magnesium: 26.48mg (6.62%), Vitamin A: 292.67IU (5.85%), Phosphorus: 51.04mg (5.1%), Copper: 0.09mg (4.27%), Zinc: 0.55mg (3.7%), Vitamin D: 0.33µg (2.2%), Potassium: 65.04mg (1.86%)