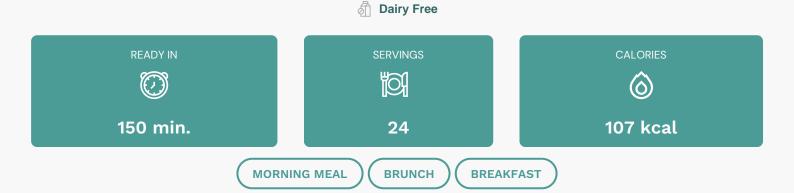


Cinnamon Burst Cheerios® Marshmallow Bars

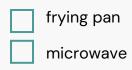


Ingredients

- 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



Directions

Nutrition Facts
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.
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.
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 large microwavable bowl, microwave butter uncovered on High 30 to 45 seconds or until melted.
Spray 13x9-inch pan with cooking spray.

PROTEIN 5.1% 📕 FAT 23.03% 📒 CARBS 71.87%

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: Og (100%), Alcohol %: O% (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%)