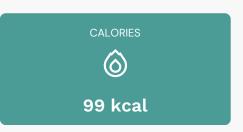


Cinnamon Burst Cheerios® Marshmallow Bars

Dairy Free







MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

2 tablespoons butte

- 6 cups corn flakes/bran flakes
- 10.5 oz marshmallows miniature
- 0.3 cup vanilla extract white
- 0.3 cup semi chocolate chips
- 1 teaspoon vegetable oil

Equipment

bowl

	frying pan
	microwave
Di	rections
	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 wel 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
	PROTEIN 5.27% FAT 18.42% CARBS 76.31%
	PRUTEIN 3.21% FAT 10.42% CARBS / 0.31%

Properties

Glycemic Index:5.53, Glycemic Load:10.59, Inflammation Score:-5, Nutrition Score:6.2678259377894%

Nutrients (% of daily need)

Calories: 99.38kcal (4.97%), Fat: 2.08g (3.2%), Saturated Fat: 0.68g (4.27%), Carbohydrates: 19.4g (6.47%), Net Carbohydrates: 17.41g (6.33%), Sugar: 9.97g (11.07%), Cholesterol: 0.11mg (0.04%), Sodium: 75.31mg (3.27%), Alcohol: 0.75g (100%), Alcohol %: 3.4% (100%), Protein: 1.34g (2.68%), Manganese: 0.39mg (19.38%), Folate: 66.84µg (16.71%), Iron: 2.95mg (16.39%), Vitamin B1: 0.13mg (8.74%), Vitamin B6: 0.17mg (8.58%), Vitamin B3: 1.7mg (8.52%), Vitamin B2: 0.14mg (8.44%), Vitamin B12: 0.5µg (8.41%), Selenium: 5.62µg (8.03%), Fiber: 1.99g (7.97%), Magnesium: 26.74mg (6.69%), Vitamin A: 292.67IU (5.85%), Phosphorus: 51.17mg (5.12%), Copper: 0.09mg (4.35%), Zinc: 0.56mg (3.71%), Vitamin D: 0.33µg (2.2%), Potassium: 68.25mg (1.95%)