



Cinnamon Burst Cheerios® Marshmallow Bars

 Dairy Free

READY IN



150 min.

SERVINGS



24

CALORIES



99 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2 tablespoons butter
- 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

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



PROTEIN 5.27% **FAT 18.42%** **CARBS 76.31%**

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%)