



Cinnamon-Marshmallow Surprises

 Dairy Free

READY IN



30 min.

SERVINGS



10

CALORIES



223 kcal

SIDE DISH

Ingredients

- 10 ounces grands flaky refrigerator biscuits refrigerated
- 0.3 cup butter melted
- 1 teaspoon ground cinnamon
- 10 large marshmallows
- 3 tablespoons sugar

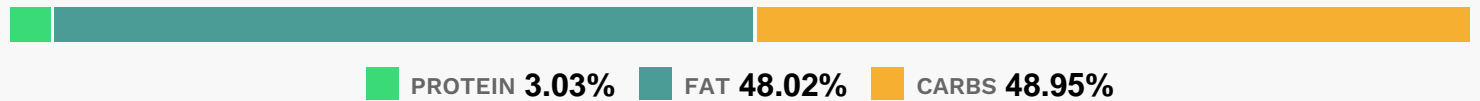
Equipment

- oven
- muffin liners

Directions

- Combine sugar and cinnamon; set aside. Flatten biscuits.
- Roll marshmallows in butter and then in cinnamon-sugar. place one marshmallow on top of each biscuit; wrap biscuit around marshmallows and pinch seams.
- Place seam side down on greased muffin cups.
- Bake at 350° for 15-20 minutes or until golden brown.

Nutrition Facts



Properties

Glycemic Index:19.96, Glycemic Load:17.29, Inflammation Score:-2, Nutrition Score:2.7334782346759%

Nutrients (% of daily need)

Calories: 223.13kcal (11.16%), Fat: 12.02g (18.5%), Saturated Fat: 3.25g (20.3%), Carbohydrates: 27.58g (9.19%), Net Carbohydrates: 27.09g (9.85%), Sugar: 13.75g (15.28%), Cholesterol: 0mg (0%), Sodium: 159.25mg (6.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.71g (3.41%), Manganese: 0.16mg (7.85%), Vitamin B1: 0.1mg (6.72%), Vitamin E: 0.87mg (5.82%), Folate: 23.1µg (5.78%), Vitamin B2: 0.09mg (5.41%), Iron: 0.88mg (4.89%), Vitamin B3: 0.94mg (4.7%), Vitamin A: 227.97IU (4.56%), Vitamin K: 3.18µg (3.03%), Selenium: 1.9µg (2.72%), Phosphorus: 20.7mg (2.07%), Fiber: 0.48g (1.93%), Copper: 0.03mg (1.66%), Magnesium: 4.4mg (1.1%), Vitamin B6: 0.02mg (1.06%)