



Colorful Holiday Cutouts

 Dairy Free

READY IN



15 min.

SERVINGS



24

CALORIES



112 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup butter ()
- 13 oz fruit-flavored rice cereal sweetened (8-)
- 10 oz marshmallows jet-puffed miniature (6 cups)

Equipment

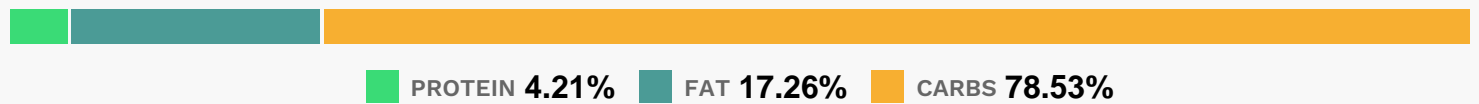
- bowl
- frying pan
- aluminum foil
- cookie cutter

microwave

Directions

- Line 15x10x1-inch pan with foil, with ends of foil extending over sides of pan. Lightly grease foil; set aside.
- Microwave butter in 4-qt. microwaveable bowl on HIGH 45 sec. or until melted.
- Add marshmallows; toss to coat. Microwave 1-1/2 min. or until marshmallows are completely melted and mixture is well blended, stirring after 45 sec.
- Add cereal; mix well. Press cereal mixture firmly into prepared pan. Cool.
- Lift cereal mixture from pan, using foil handles.
- Cut into assorted shapes with 2-inch holiday cookie cutters. Decorate as desired.

Nutrition Facts



Properties

Glycemic Index:2.52, Glycemic Load:5.8, Inflammation Score:-5, Nutrition Score:9.033043484325%

Nutrients (% of daily need)

Calories: 112.15kcal (5.61%), Fat: 2.22g (3.41%), Saturated Fat: 0.48g (2.99%), Carbohydrates: 22.69g (7.56%), Net Carbohydrates: 22.37g (8.14%), Sugar: 8.03g (8.92%), Cholesterol: 0mg (0%), Sodium: 155.98mg (6.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.22g (2.43%), Iron: 5.14mg (28.56%), Folate: 113.93µg (28.48%), Manganese: 0.55mg (27.53%), Vitamin B2: 0.25mg (14.51%), Vitamin B12: 0.86µg (14.35%), Zinc: 2.14mg (14.26%), Vitamin B1: 0.21mg (14.25%), Vitamin B3: 2.85mg (14.25%), Vitamin B6: 0.28mg (14.23%), Vitamin A: 368.97IU (7.38%), Calcium: 57.88mg (5.79%), Selenium: 3.21µg (4.59%), Vitamin C: 3.41mg (4.14%), Vitamin D: 0.57µg (3.79%), Copper: 0.05mg (2.57%), Phosphorus: 24.22mg (2.42%), Vitamin B5: 0.23mg (2.28%), Fiber: 0.32g (1.28%), Magnesium: 4.91mg (1.23%)