



WHATSheATE



## Cooking with kids: Chocolate cornflake cakes



Vegetarian



Gluten Free



Popular



Low Fod Map

READY IN



15 min.

SERVINGS



12

CALORIES



127 kcal

SIDE DISH

### Ingredients



50 g butter



100 g chocolate dark



3 tbsp golden syrup



100 g oatmeal cornflakes

### Equipment



bowl



baking sheet



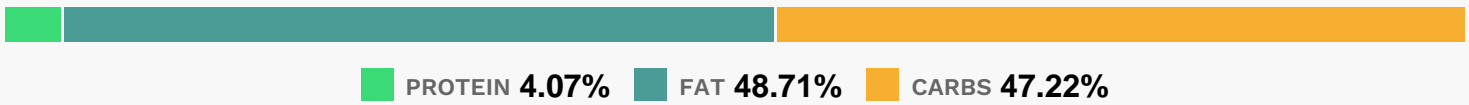
sauce pan

- ☐ wooden spoon
- ☐ microwave
- ☐ muffin tray

## Directions

- ☐ Children: Weigh out the ingredients. Older children can do this by themselves with supervision and little ones can help to pour or spoon ingredients into the weighing scales. Put 50g butter, 100g milk or dark chocolate, broken into chunks and 3 tbsp golden syrup in a saucepan or microwavable bowl. Put 100g cornflakes in another large bowl.
- ☐ Grown ups: Melt the weighed butter, chocolate and golden syrup in the saucepan over a low heat or briefly in the microwave. Allow to cool a little before pouring over the cornflakes.
- ☐ Children: Stir the ingredients together gently using a wooden spoon. Spoon the mixture into 12 cupcake cases arranged on a muffin tray (or baking sheet, if you dont have one). Grown ups will need to do this for younger children or simply arrange on a tray and let the mess happen. Put in the fridge to set.

## Nutrition Facts



## Properties

Glycemic Index:11.33, Glycemic Load:3.42, Inflammation Score:-3, Nutrition Score:4.9834782066553%

## Nutrients (% of daily need)

Calories: 127.06kcal (6.35%), Fat: 6.97g (10.72%), Saturated Fat: 4.19g (26.2%), Carbohydrates: 15.19g (5.06%), Net Carbohydrates: 14.01g (5.09%), Sugar: 7.15g (7.94%), Cholesterol: 9.21mg (3.07%), Sodium: 89.21mg (3.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 6.67mg (2.22%), Protein: 1.31g (2.62%), Iron: 3.4mg (18.89%), Manganese: 0.18mg (8.82%), Copper: 0.16mg (8.18%), Vitamin B2: 0.13mg (7.92%), Vitamin B3: 1.58mg (7.91%), Vitamin B1: 0.11mg (7.65%), Vitamin B6: 0.15mg (7.62%), Folate: 29.88µg (7.47%), Vitamin B12: 0.45µg (7.45%), Magnesium: 22.33mg (5.58%), Vitamin A: 256.21IU (5.12%), Fiber: 1.18g (4.73%), Phosphorus: 35.17mg (3.52%), Zinc: 0.36mg (2.42%), Potassium: 74.58mg (2.13%), Vitamin C: 1.75mg (2.12%), Vitamin D: 0.3µg (2%), Selenium: 1.3µg (1.86%), Vitamin E: 0.16mg (1.04%)