

## Crispy Bat Treats

 Dairy Free

READY IN



40 min.

SERVINGS



18

CALORIES



1145 kcal

### Ingredients

- ☐ 4 cups marshmallows miniature
- ☐ 3 tablespoons butter
- ☐ 6 cups corn flakes/bran flakes
- ☐ 12 oz semi chocolate chips (2 cups)
- ☐ 36 beef rib steak

### Equipment

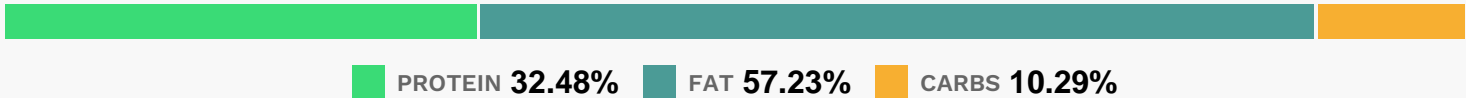
- ☐ bowl
- ☐ frying pan
- ☐ wooden spoon

- ☐ aluminum foil
- ☐ cookie cutter
- ☐ microwave

## Directions

- ☐ Line 13x9-inch pan with foil, leaving foil overhanging at 2 opposite sides of pan; spray foil with cooking spray. In large microwavable bowl, microwave marshmallows and butter uncovered on High 2 minutes. Stir vigorously with wooden spoon until smooth.
- ☐ Add cereal; stir until well coated. Quickly spoon mixture into pan and press evenly. Cool until firm.
- ☐ Use foil to lift from pan.
- ☐ Cut with 4 1/2-inch wide bat-shaped cookie cutter. Press scraps together to use all of mixture.
- ☐ In medium microwavable bowl, microwave chocolate chips uncovered on Medium (50%) 2 minutes, stirring once, until softened and chips can be stirred smooth.
- ☐ Spread melted chocolate over bats.
- ☐ Place 2 candy eyes on each bat.

## Nutrition Facts



## Properties

Glycemic Index:7.38, Glycemic Load:11.45, Inflammation Score:-8, Nutrition Score:42.764347527743%

## Nutrients (% of daily need)

Calories: 1145.43kcal (57.27%), Fat: 73.33g (112.82%), Saturated Fat: 33.04g (206.52%), Carbohydrates: 29.69g (9.9%), Net Carbohydrates: 25.73g (9.36%), Sugar: 15.82g (17.58%), Cholesterol: 276.85mg (92.28%), Sodium: 339.82mg (14.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 16.25mg (5.42%), Protein: 93.64g (187.28%), Selenium: 119.06µg (170.09%), Zinc: 24.36mg (162.4%), Vitamin B12: 8.21µg (136.77%), Vitamin B3: 24.52mg (122.62%), Vitamin B6: 2.04mg (101.86%), Phosphorus: 761.31mg (76.13%), Vitamin B2: 1.28mg (75.13%), Iron: 12.73mg (70.71%), Potassium: 1391.12mg (39.75%), Magnesium: 159.01mg (39.75%), Vitamin B1: 0.58mg (38.5%), Manganese: 0.73mg (36.35%), Copper: 0.67mg (33.29%), Folate: 102.63µg (25.66%), Fiber: 3.96g (15.85%), Vitamin A: 494.05IU (9.88%), Vitamin K: 8.33µg (7.93%), Vitamin D: 0.89µg (5.95%), Calcium: 50.26mg (5.03%), Vitamin E: 0.29mg (1.91%), Vitamin B5: 0.17mg (1.75%)