



Crispy Ginger Men

READY IN



50 min.

SERVINGS



10

CALORIES



344 kcal

SIDE DISH

Ingredients

- ☐ 3 cups corn flakes/bran flakes
- ☐ 2 cups gingersnaps coarsely chopped (30 cookies)
- ☐ 0.3 cup butter
- ☐ 10.5 oz marshmallows miniature ()
- ☐ 0.5 cup peppermint candies white
- ☐ 1 teaspoon vegetable oil
- ☐ 1 serving m&m candies assorted
- ☐ 1 serving snack peppers (any flavor)

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ cookie cutter
- ☐ ziploc bags
- ☐ microwave

Directions

- ☐ In large bowl, mix cereal and chopped cookies. In 2-quart nonstick saucepan, melt butter.
- ☐ Add marshmallows; cook and stir over medium-low heat until marshmallows are completely melted.
- ☐ Pour over cereal mixture; mix until coated.
- ☐ Line cookie sheet with waxed paper; spray paper with cooking spray. Spray 3 3/4-inch open gingerbread man cookie cutter with cooking spray; place on cookie sheet. Spray hands well with cooking spray. Firmly pack cereal mixture evenly into cookie cutter, filling cutter completely; push out of cutter. Repeat until all mixture is used.
- ☐ Let stand until set.
- ☐ In small resealable freezer plastic bag, place baking chips and oil; seal bag. Microwave on High about 1 minute or until softened. Gently squeeze bag until mixture is smooth. Refrigerate 2 minutes or until slightly set.
- ☐ Cut off tiny corner of bag; squeeze bag to pipe melted chips over cookies as desired to decorate, using small dots to attach candy. When decorations are set, cut strips of fruit snack and tie around necks for scarves.

Nutrition Facts



Properties

Glycemic Index:21.48, Glycemic Load:20.02, Inflammation Score:-6, Nutrition Score:10.186956438681%

Nutrients (% of daily need)

Calories: 344.49kcal (17.22%), Fat: 12.02g (18.49%), Saturated Fat: 7.33g (45.79%), Carbohydrates: 59.29g (19.76%), Net Carbohydrates: 56.52g (20.55%), Sugar: 31.54g (35.04%), Cholesterol: 12.43mg (4.14%), Sodium: 258.89mg (11.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.69g (7.39%), Manganese: 0.78mg (39.1%), Iron: 4.89mg (27.19%), Folate: 100.22µg (25.05%), Vitamin B2: 0.24mg (13.91%), Vitamin B3: 2.76mg (13.81%), Vitamin B1: 0.2mg (13.46%), Selenium: 8.02µg (11.45%), Vitamin B6: 0.23mg (11.38%), Fiber: 2.77g (11.06%), Vitamin B12: 0.61µg (10.16%), Magnesium: 39.27mg (9.82%), Vitamin A: 448.76IU (8.98%), Copper: 0.16mg (7.89%), Phosphorus: 76.41mg (7.64%), Zinc: 0.74mg (4.94%), Calcium: 44.43mg (4.44%), Potassium: 145.22mg (4.15%), Vitamin E: 0.48mg (3.21%), Vitamin D: 0.4µg (2.64%), Vitamin B5: 0.2mg (1.98%), Vitamin K: 1.96µg (1.87%)