

Double Chocolate Crispy Treats

 Dairy Free

READY IN



15 min.

SERVINGS



18

CALORIES



350 kcal

DESSERT

Ingredients

- 0.5 teaspoon baking soda
- 7 cups corn flakes/bran flakes crispy
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- 1 cup plus light karo®
- 2 cups m&m candies divided
- 1 cup bittersweet chocolate
- 0.5 cup sugar
- 1 teaspoon vanilla extract pure spice islands®

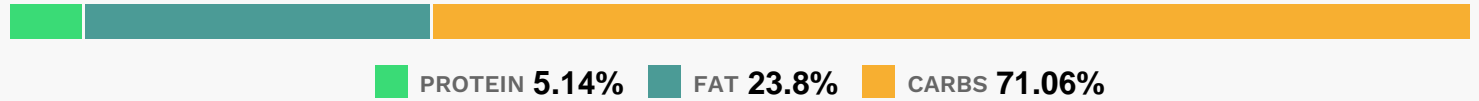
Equipment

- frying pan
- microwave

Directions

- Cook corn syrup and sugar together in a large pan over medium heat, stirring to dissolve sugar. Bring mixture to a boil. (OR in a 1 quart microwaveable container; microwave on high (100%) for 2 to 2-1/2 minutes until syrup boils).
- Remove from heat.
- Stir in baking soda and vanilla until blended thoroughly. Stir in 1 cup chocolate chips until completely melted and smooth.
- Add 1 cup M&M candies and cereal and stir to coat completely.
- Pour into greased 13x9-inch pan and pat into place.
- Top with remaining M&M candies.
- Cool and cut into squares. Store in air tight container for up to 2 days.

Nutrition Facts



Properties

Glycemic Index:12.98, Glycemic Load:20.62, Inflammation Score:-6, Nutrition Score:19.984782583688%

Nutrients (% of daily need)

Calories: 350kcal (17.5%), Fat: 9.83g (15.13%), Saturated Fat: 5.61g (35.06%), Carbohydrates: 66.06g (22.02%), Net Carbohydrates: 58.96g (21.44%), Sugar: 43.93g (48.81%), Cholesterol: 4.05mg (1.35%), Sodium: 226.91mg (9.87%), Alcohol: 0.08g (100%), Alcohol %: 0.11% (100%), Caffeine: 8.36mg (2.79%), Protein: 4.78g (9.56%), Manganese: 1.24mg (61.98%), Iron: 9.61mg (53.4%), Folate: 207.51µg (51.88%), Fiber: 7.1g (28.38%), Vitamin B1: 0.42mg (27.92%), Vitamin B6: 0.53mg (26.61%), Vitamin B3: 5.28mg (26.39%), Vitamin B12: 1.57µg (26.22%), Vitamin B2: 0.44mg (25.98%), Selenium: 17.32µg (24.74%), Magnesium: 88.57mg (22.14%), Vitamin A: 834.41IU (16.69%), Phosphorus: 164.98mg (16.5%), Copper: 0.28mg (13.87%), Zinc: 1.9mg (12.65%), Vitamin D: 1.03µg (6.84%), Potassium: 221.58mg (6.33%), Calcium: 49.07mg (4.91%), Vitamin B5: 0.3mg (2.99%), Vitamin E: 0.3mg (1.98%), Vitamin K: 1.14µg (1.08%)