



## Elf Food

READY IN



40 min.

SERVINGS



18

CALORIES



147 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 0.5 cup peppermint candies white
- ☐ 0.5 cup corn flakes/bran flakes
- ☐ 2 tablespoons sprinkles
- ☐ 6 cups rice chex
- ☐ 0.3 cup butter
- ☐ 0.3 cup brown sugar packed
- ☐ 2 tablespoons maple syrup pure
- ☐ 2 cups marshmallows miniature

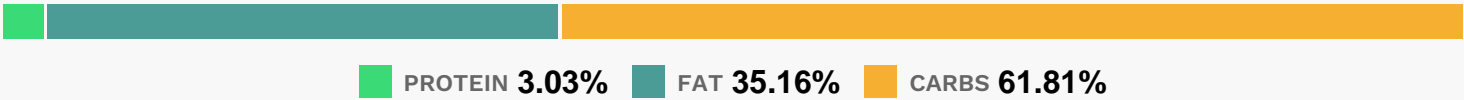
# Equipment

- ☐ bowl
- ☐ aluminum foil
- ☐ microwave
- ☐ measuring cup

# Directions

- ☐ In small microwavable bowl, melt white vanilla baking chips uncovered on High 30 to 45 seconds or until they can be stirred smooth. Stir in Cheerios cereal.
- ☐ Spread on waxed paper in single layer; top with sprinkles.
- ☐ Let stand until set, about 30 minutes. Break into pieces; reserve.
- ☐ Meanwhile, place Chex cereal in large microwavable bowl.
- ☐ In 2-cup glass measuring cup, melt butter uncovered on High about 30 seconds.
- ☐ Add brown sugar and maple syrup; microwave uncovered on High about 30 seconds or until mixture is boiling.
- ☐ Pour over Chex cereal in bowl, stirring until evenly coated.
- ☐ Microwave Chex cereal mixture uncovered on High 3 to 4 minutes, stirring every minute, until mixture just begins to brown.
- ☐ Spread on waxed paper or foil. Cool completely, about 15 minutes. Break into bite-size pieces. Stir in miniature marshmallows and reserved Cheerios cereal pieces. Store in airtight container.

# Nutrition Facts



# Properties

Glycemic Index:12.18, Glycemic Load:3.78, Inflammation Score:-4, Nutrition Score:6.33999999323099%

# Nutrients (% of daily need)

Calories: 147.07kcal (7.35%), Fat: 5.94g (9.14%), Saturated Fat: 4.21g (26.34%), Carbohydrates: 23.51g (7.84%), Net Carbohydrates: 23.12g (8.41%), Sugar: 14.16g (15.73%), Cholesterol: 9.04mg (3.01%), Sodium: 115.7mg (5.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.15g (2.3%), Manganese: 0.42mg (20.8%), Iron: 3.35mg (18.63%), Folate: 74.32µg (18.58%), Vitamin B2: 0.19mg (11.13%), Vitamin B12: 0.57µg (9.43%), Vitamin B1: 0.14mg (9.42%), Vitamin B6: 0.19mg (9.37%), Vitamin B3: 1.86mg (9.31%), Zinc: 1.33mg (8.86%), Vitamin A: 299.51IU (5.99%), Calcium: 50.63mg (5.06%), Selenium: 2.53µg (3.62%), Vitamin D: 0.37µg (2.46%), Vitamin C: 2mg (2.42%), Phosphorus: 19.93mg (1.99%), Copper: 0.04mg (1.81%), Magnesium: 6.27mg (1.57%), Fiber: 0.39g (1.56%), Vitamin B5: 0.15mg (1.52%)