



Strawberry Shortcake Chex Treats

READY IN



30 min.

SERVINGS



18

CALORIES



214 kcal

DESSERT

Ingredients

- 2.5 cups angel food cake cubed (1 inch)
- 3 tablespoons butter
- 6 cups rice chex
- 10 oz marshmallows
- 2 cups strawberries fresh
- 2 tablespoons sugar
- 2 cups non-dairy whipped topping frozen thawed

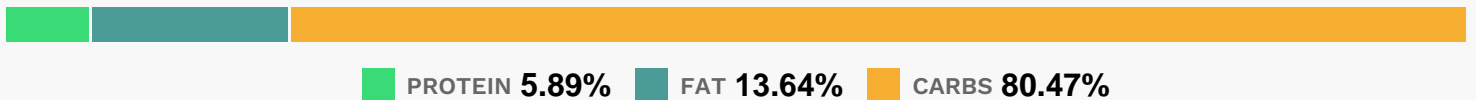
Equipment

- bowl
- frying pan
- baking pan
- microwave
- spatula
- glass baking pan

Directions

- Spray 13x9-inch (3-quart) glass baking dish or pan with cooking spray.
- Toss strawberries with sugar; set aside.
- In large microwavable bowl, microwave butter uncovered on High about 45 seconds or until melted.
- Add marshmallows; toss to coat. Microwave 1 minute to 1 minute 30 seconds longer. Stir until marshmallows are completely melted and mixture is well blended.
- Add cereal; mix well.
- Add angel food cubes; mix well.
- Using waxed paper or spatula sprayed with cooking spray, press mixture evenly into baking dish. Cool 15 minutes.
- For bars, cut into 6 rows by 3 rows. Top each with 1 tablespoon whipped topping and some strawberries.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:12.26, Glycemic Load:9.03, Inflammation Score:-4, Nutrition Score:7.7617391658866%

Flavonoids

Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.05mg, Delphinidin: 0.05mg, Delphinidin: 0.05mg, Delphinidin:

0.05mg Pelargonidin: 3.98mg, Pelargonidin: 3.98mg, Pelargonidin: 3.98mg, Pelargonidin: 3.98mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.5mg, Catechin: 0.5mg, Catechin: 0.5mg, Catechin: 0.5mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 213.93kcal (10.7%), Fat: 3.34g (5.13%), Saturated Fat: 2.21g (13.82%), Carbohydrates: 44.28g (14.76%), Net Carbohydrates: 43.7g (15.89%), Sugar: 23.9g (26.55%), Cholesterol: 5.18mg (1.73%), Sodium: 274.5mg (11.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.24g (6.48%), Manganese: 0.41mg (20.3%), Folate: 75.28µg (18.82%), Iron: 3.18mg (17.69%), Vitamin C: 11.41mg (13.83%), Vitamin B2: 0.22mg (12.71%), Selenium: 7.35µg (10.51%), Vitamin B1: 0.16mg (10.35%), Phosphorus: 101.38mg (10.14%), Vitamin B3: 1.8mg (8.99%), Vitamin B6: 0.18mg (8.89%), Zinc: 1.33mg (8.89%), Vitamin B12: 0.53µg (8.89%), Calcium: 70.42mg (7.04%), Vitamin A: 233.08IU (4.66%), Copper: 0.07mg (3.48%), Potassium: 95.55mg (2.73%), Fiber: 0.58g (2.33%), Vitamin D: 0.33µg (2.22%), Magnesium: 8.35mg (2.09%), Vitamin B5: 0.19mg (1.92%), Vitamin E: 0.18mg (1.18%)