



## Gluten-Free Chex™ Cereal Treat Bars

 Dairy Free

READY IN



20 min.

SERVINGS



18

CALORIES



118 kcal

### Ingredients

- 0.3 cup butter
- 10 oz marshmallows
- 8 cups rice chex

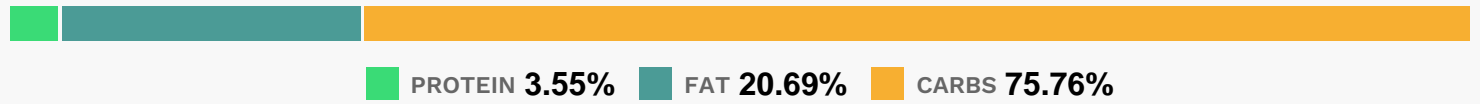
### Equipment

- bowl
- baking pan
- microwave
- spatula

## Directions

- Spray 13x9-inch (3-quart) baking dish or pan with cooking spray.
- In large microwavable bowl, microwave butter uncovered on High about 45 seconds or until melted.
- Add marshmallows; toss to coat. Microwave 1 to 1 1/2 minutes longer. Stir until marshmallows are completely melted and mixture is well blended.
- Add cereal; 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.

## Nutrition Facts



## Properties

Glycemic Index:3.36, Glycemic Load:7.74, Inflammation Score:-5, Nutrition Score:7.1526087049557%

## Nutrients (% of daily need)

Calories: 117.75kcal (5.89%), Fat: 2.8g (4.3%), Saturated Fat: 0.6g (3.72%), Carbohydrates: 23.04g (7.68%), Net Carbohydrates: 22.79g (8.29%), Sugar: 10.03g (11.15%), Cholesterol: 0mg (0%), Sodium: 139.41mg (6.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.08g (2.16%), Iron: 4.03mg (22.4%), Folate: 89.11µg (22.28%), Manganese: 0.43mg (21.54%), Vitamin B2: 0.19mg (11.37%), Vitamin B12: 0.67µg (11.23%), Vitamin B3: 2.23mg (11.17%), Zinc: 1.67mg (11.16%), Vitamin B1: 0.17mg (11.15%), Vitamin B6: 0.22mg (11.14%), Vitamin A: 335.01IU (6.7%), Calcium: 45.82mg (4.58%), Selenium: 2.62µg (3.74%), Vitamin C: 2.67mg (3.24%), Vitamin D: 0.44µg (2.96%), Copper: 0.05mg (2.32%), Phosphorus: 19.75mg (1.97%), Vitamin B5: 0.18mg (1.8%), Fiber: 0.26g (1.02%)