



Gluten-Free Reindeer Feed

 Dairy Free

READY IN



30 min.

SERVINGS



20

CALORIES



144 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 cups cornflakes
- 12 oz peppermint candies white (2 cups)
- 0.3 cup peppermint candies miniature crushed (14 , unwrapped)

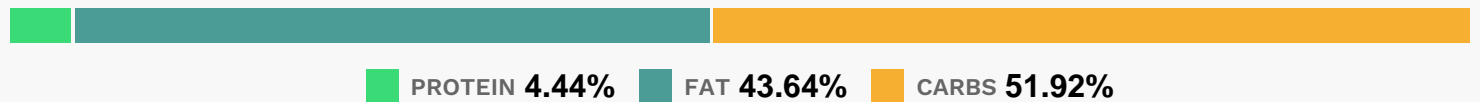
Equipment

- bowl
- baking sheet
- aluminum foil
- microwave

Directions

- Line cookie sheet with foil or waxed paper.
- Place cereal in large bowl.
- In microwavable bowl, microwave white vanilla baking chips uncovered on High about 1 minute 30 seconds, stirring every 30 seconds, until chips can be stirred smooth. Stir in half the crushed peppermint candy.
- Pour over cereal; toss to evenly coat.
- Spread mixture in single layer on cookie sheet. Immediately sprinkle with remaining candy.
- Let stand until set, about 20 minutes. Gently break up coated cereal. Store in airtight container.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:3.2578260914787%

Nutrients (% of daily need)

Calories: 143.76kcal (7.19%), Fat: 7.28g (11.2%), Saturated Fat: 6.22g (38.86%), Carbohydrates: 19.48g (6.49%), Net Carbohydrates: 19.2g (6.98%), Sugar: 12.7g (14.11%), Cholesterol: 0mg (0%), Sodium: 74.23mg (3.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.67g (3.33%), Iron: 2.43mg (13.49%), Vitamin B3: 1.5mg (7.52%), Vitamin B6: 0.15mg (7.52%), Vitamin B2: 0.13mg (7.51%), Vitamin B1: 0.11mg (7.5%), Folate: 29.99µg (7.5%), Vitamin B12: 0.42µg (7%), Calcium: 31.85mg (3.18%), Vitamin A: 150.02IU (3%), Vitamin C: 1.76mg (2.14%), Vitamin D: 0.3µg (2.02%), Fiber: 0.28g (1.11%)