



## Gluten-Free Reindeer Feed

 Dairy Free

READY IN



30 min.

SERVINGS



20

CALORIES



100 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

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

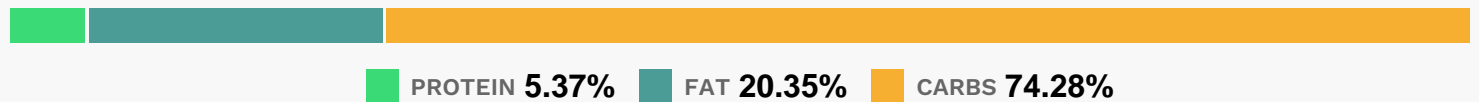
### Equipment

- 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:3.4091304647534%

## Nutrients (% of daily need)

Calories: 100.39kcal (5.02%), Fat: 1.41g (2.16%), Saturated Fat: 1.18g (7.37%), Carbohydrates: 11.55g (3.85%), Net Carbohydrates: 11.28g (4.1%), Sugar: 5.19g (5.77%), Cholesterol: 0mg (0%), Sodium: 65.21mg (2.84%), Alcohol: 5.85g (100%), Alcohol %: 25.27% (100%), Protein: 0.83g (1.67%), Iron: 2.45mg (13.6%), Vitamin B2: 0.14mg (8.46%), Vitamin B3: 1.58mg (7.88%), Vitamin B6: 0.15mg (7.74%), Vitamin B1: 0.11mg (7.63%), Folate: 29.99µg (7.5%), Vitamin B12: 0.42µg (7%), Vitamin A: 150.02IU (3%), Manganese: 0.05mg (2.66%), Vitamin C: 1.76mg (2.14%), Vitamin D: 0.3µg (2.02%), Copper: 0.03mg (1.44%), Magnesium: 5.32mg (1.33%), Potassium: 39.29mg (1.12%), Fiber: 0.28g (1.11%)