



Holiday Wreaths

READY IN



30 min.

SERVINGS



16

CALORIES



140 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup butter
- 6 cups cornflakes
- 1 teaspoon drop natural food coloring green
- 10.5 ounce marshmallows
- 0.3 cup cinnamon candies red hot

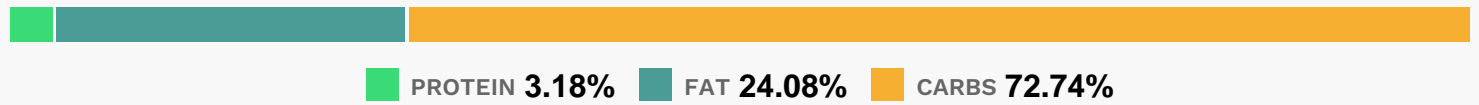
Equipment

- frying pan
- baking sheet

Directions

- Melt margarine in a large pan over low heat.
- Add marshmallows and stir constantly until marshmallows melt and mixture is syrupy.
- Remove from heat. Stir in food coloring.
- Add corn flakes and stir until well coated.
- Drop mixture, by 1/4 cupful, onto cookie sheet. Using buttered fingers, quickly shape into individual wreaths. Dot with cinnamon candies

Nutrition Facts



Properties

Glycemic Index:6.91, Glycemic Load:9.14, Inflammation Score:-3, Nutrition Score:4.1795652184797%

Nutrients (% of daily need)

Calories: 140.48kcal (7.02%), Fat: 3.91g (6.02%), Saturated Fat: 2.45g (15.33%), Carbohydrates: 26.61g (8.87%), Net Carbohydrates: 26.24g (9.54%), Sugar: 14.03g (15.59%), Cholesterol: 10.17mg (3.39%), Sodium: 121.84mg (5.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.16g (2.33%), Iron: 3.08mg (17.1%), Vitamin B2: 0.16mg (9.49%), Vitamin B3: 1.9mg (9.48%), Folate: 37.81µg (9.45%), Vitamin B6: 0.19mg (9.43%), Vitamin B1: 0.14mg (9.41%), Vitamin B12: 0.53µg (8.88%), Vitamin A: 305.71IU (6.11%), Vitamin C: 2.2mg (2.67%), Vitamin D: 0.38µg (2.52%), Copper: 0.04mg (1.94%), Selenium: 1.24µg (1.76%), Fiber: 0.37g (1.46%), Phosphorus: 13.33mg (1.33%), Magnesium: 4.56mg (1.14%)