



Honey Nut-Marshmallow Bars

 Gluten Free

READY IN



40 min.

SERVINGS



24

CALORIES



396 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 tablespoons butter
- ☐ 8 cups honey organic cascadian farm®
- ☐ 10.5 oz marshmallows miniature

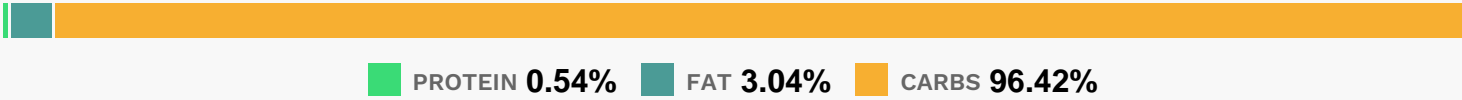
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ microwave

Directions

- ☐ Butter bottom and sides of 13x9-inch pan.
- ☐ In large microwavable bowl, microwave marshmallows and butter uncovered on High about 2 minutes, stirring after every minute, until smooth.
- ☐ Immediately stir in cereal until evenly coated. Press in pan. Cool about 30 minutes or until firm. For bars, cut into 6 rows by 4 rows. Store loosely covered.

Nutrition Facts



Properties

Glycemic Index:6.78, Glycemic Load:54.65, Inflammation Score:1, Nutrition Score:1.1334782718154%

Nutrients (% of daily need)

Calories: 395.51kcal (19.78%), Fat: 1.44g (2.22%), Saturated Fat: 0.91g (5.67%), Carbohydrates: 103.2g (34.4%), Net Carbohydrates: 102.96g (37.44%), Sugar: 99.92g (111.02%), Cholesterol: 3.76mg (1.25%), Sodium: 25.69mg (1.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.58g (1.15%), Manganese: 0.09mg (4.57%), Iron: 0.5mg (2.8%), Copper: 0.05mg (2.64%), Vitamin B2: 0.04mg (2.57%), Potassium: 59.8mg (1.71%), Zinc: 0.26mg (1.7%), Selenium: 1.13µg (1.62%), Vitamin B6: 0.03mg (1.38%)