



Load and Go Gorp

 Dairy Free

READY IN



30 min.

SERVINGS



10

CALORIES



304 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup butter
- ☐ 4 cups frosted toast cereal
- ☐ 4 cups regular corn bugles®
- ☐ 1 cup m&m candies
- ☐ 1 cup marshmallows miniature
- ☐ 0.5 cup raisins

Equipment

- ☐ frying pan

☐ oven

Directions

- ☐ Heat oven to 300F.
- ☐ Place butter in 13x9-inch pan; heat in oven 2 to 3 minutes or until melted (watch to prevent burning). Stir in cereal, corn snacks and raisins until evenly coated.
- ☐ Bake 10 minutes, stirring every 5 minutes. Cool slightly, about 10 minutes.
- ☐ Stir in marshmallows and candies. Store in loosely covered container.

Nutrition Facts



Properties

Glycemic Index:17.48, Glycemic Load:11.86, Inflammation Score:-6, Nutrition Score:11.40913038798%

Nutrients (% of daily need)

Calories: 303.71kcal (15.19%), Fat: 10.68g (16.43%), Saturated Fat: 4.17g (26.06%), Carbohydrates: 51.94g (17.31%), Net Carbohydrates: 49.03g (17.83%), Sugar: 24.63g (27.37%), Cholesterol: 3.12mg (1.04%), Sodium: 152.93mg (6.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.08g (8.17%), Vitamin B6: 0.7mg (34.98%), Iron: 5.22mg (28.99%), Vitamin B3: 5.78mg (28.88%), Vitamin B1: 0.39mg (25.68%), Vitamin B12: 1.37µg (22.77%), Vitamin B2: 0.34mg (20.06%), Folate: 78.67µg (19.67%), Vitamin A: 683.08IU (13.66%), Fiber: 2.91g (11.63%), Vitamin C: 7.98mg (9.67%), Manganese: 0.13mg (6.59%), Phosphorus: 62.47mg (6.25%), Potassium: 209.5mg (5.99%), Vitamin B5: 0.53mg (5.32%), Vitamin D: 0.79µg (5.26%), Magnesium: 19.81mg (4.95%), Copper: 0.06mg (3.17%), Calcium: 30.36mg (3.04%), Zinc: 0.42mg (2.81%), Vitamin E: 0.24mg (1.62%), Selenium: 0.81µg (1.15%)