



No-Bake 3-Ingredient Cheerios™ Bars

 Dairy Free

READY IN



30 min.

SERVINGS



24

CALORIES



77 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 3 tablespoons butter
- 10 oz marshmallows miniature (6 cups)
- 5 cups corn flakes/bran flakes

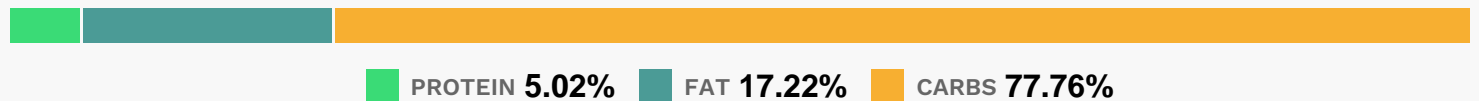
Equipment

- bowl
- frying pan
- knife
- microwave

Directions

- Spray bottom and sides of 13x9-inch pan with cooking spray. In large microwavable bowl, microwave butter and marshmallows uncovered on High about 2 minutes, stirring after each minute, until mixture is smooth.
- Remove from microwave.
- Immediately stir in cereal until evenly coated.
- Pour cereal mixture into pan. With buttered back of a spoon, press mixture in pan until even. Cool at least 10 minutes.
- With table knife, cut cereal mixture into 6 rows by 4 rows to make 24 bars. Store in loosely covered container.

Nutrition Facts



Properties

Glycemic Index:5.53, Glycemic Load:9.55, Inflammation Score:-4, Nutrition Score:4.9878260875526%

Nutrients (% of daily need)

Calories: 77.48kcal (3.87%), Fat: 1.61g (2.47%), Saturated Fat: 0.33g (2.08%), Carbohydrates: 16.33g (5.44%), Net Carbohydrates: 14.79g (5.38%), Sugar: 8.35g (9.28%), Cholesterol: 0mg (0%), Sodium: 70.95mg (3.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.05g (2.11%), Manganese: 0.3mg (14.91%), Folate: 55.72µg (13.93%), Iron: 2.36mg (13.11%), Vitamin B1: 0.11mg (7.24%), Vitamin B6: 0.14mg (7.11%), Vitamin B3: 1.4mg (7.01%), Vitamin B12: 0.42µg (6.97%), Vitamin B2: 0.12mg (6.91%), Selenium: 4.58µg (6.54%), Fiber: 1.54g (6.15%), Vitamin A: 270.93IU (5.42%), Magnesium: 19.37mg (4.84%), Phosphorus: 38.76mg (3.88%), Zinc: 0.42mg (2.81%), Copper: 0.05mg (2.66%), Vitamin D: 0.28µg (1.83%), Potassium: 45.74mg (1.31%)