



No-Bake Candy Corn Cereal Treats

 Dairy Free

READY IN



40 min.

SERVINGS



15

CALORIES



283 kcal

DESSERT

Ingredients

- 0.3 cup butter
- 10.5 oz marshmallows miniature ()
- 6 cups corn flakes/bran flakes crushed
- 1 cup candy corn
- 12 oz vanilla frosting
- 0.5 teaspoon purple gel food coloring yellow
- 0.8 teaspoon purple gel food coloring
- 1 tablespoon sprinkles white yellow

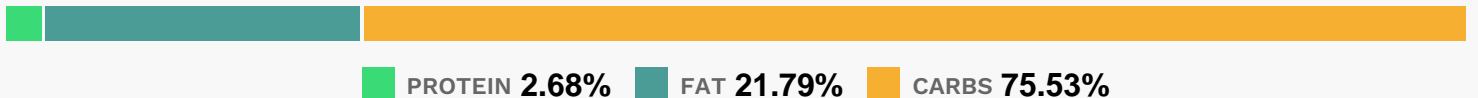
Equipment

- bowl
- frying pan
- ziploc bags
- microwave
- muffin liners

Directions

- Place paper baking cup in each of 15 regular-size muffin cups; spray paper cups with cooking spray. In large microwavable bowl, microwave butter uncovered on High about 45 seconds or until melted.
- Add marshmallows; toss until coated. Microwave uncovered on High about 1 minute 30 seconds, stirring after 45 seconds, until mixture can be stirred smooth. Immediately add cereal and candy corn; stir until evenly coated.
- Firmly press about 1/2 cup cereal mixture into each muffin cup. Cool about 15 minutes or until firm.
- Remove from pan.
- In small bowl, mix 1 1/2 cups frosting and yellow food color. In another small bowl, mix 1 1/4 cups frosting and orange food color. Leave remaining frosting white. Spoon each color frosting into separate quart-size resealable food-storage plastic bag; seal bags.
- Cut off 1/2-inch corner of bags; squeeze bags to pipe frosting in layers on cupcakes to look like candy corn. Decorate with candy sprinkles.

Nutrition Facts



Properties

Glycemic Index:11.72, Glycemic Load:23.56, Inflammation Score:-6, Nutrition Score:10.06956523179%

Nutrients (% of daily need)

Calories: 283.11kcal (14.16%), Fat: 7.13g (10.97%), Saturated Fat: 1.41g (8.83%), Carbohydrates: 55.6g (18.53%), Net Carbohydrates: 52.65g (19.15%), Sugar: 39g (43.33%), Cholesterol: 0mg (0%), Sodium: 210.95mg (9.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.98g (3.95%), Manganese: 0.57mg (28.62%), Folate: 108.77µg (27.19%), Iron: 4.56mg (25.34%), Vitamin B2: 0.29mg (17.3%), Vitamin B1: 0.21mg (14.06%), Vitamin B3: 2.74mg (13.69%), Vitamin B6: 0.27mg (13.65%), Vitamin B12: 0.8µg (13.4%), Selenium: 8.76µg (12.51%), Fiber: 2.95g (11.79%), Vitamin A: 535.33IU (10.71%), Magnesium: 37.38mg (9.34%), Phosphorus: 78.38mg (7.84%), Zinc: 0.82mg (5.49%), Copper: 0.1mg (4.96%), Vitamin E: 0.59mg (3.92%), Vitamin D: 0.53µg (3.52%), Vitamin K: 3.17µg (3.02%), Potassium: 95.57mg (2.73%), Vitamin B5: 0.16mg (1.56%)