



No-Bake Caramel Cheerios™ Bars

 Gluten Free

READY IN



80 min.

SERVINGS



36

CALORIES



225 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 6 cups pinenuts
- 14 oz individually wrapped caramels
- 3 tablespoons water
- 2 cups marshmallows miniature
- 0.5 cup milk chocolate chips
- 1 tablespoon shortening
- 0.3 cup m&m candies

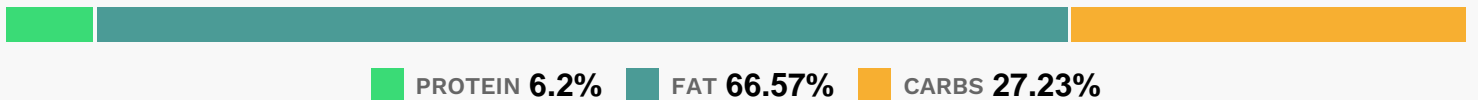
Equipment

- bowl
- frying pan
- knife
- microwave

Directions

- Spray bottom and sides of 13x9-inch pan with cooking spray.
- Place cereal in large bowl; set aside.
- In medium microwavable bowl, microwave unwrapped caramels and water uncovered on High 2 minutes 30 seconds to 4 minutes, stirring after each minute, until mixture is smooth.
- Remove from microwave.
- Pour caramel mixture over cereal in bowl; stir until cereal is evenly coated. Gently stir in marshmallows.
- Pour cereal mixture into pan. With buttered back of spoon, press mixture in pan until even.
- In small microwavable bowl, microwave chocolate chips and shortening uncovered on High 1 to 2 minutes, stirring after each minute, until mixture is smooth.
- Drizzle chocolate over top of cereal mixture.
- Sprinkle M&M's™ minis chocolate candies evenly over chocolate. Refrigerate until mixture is firm and glaze is set, about 1 hour.
- With table knife, cut cereal mixture into 9 rows by 4 rows to make 36 bars. Store in loosely covered container.

Nutrition Facts



Properties

Glycemic Index:3.49, Glycemic Load:6.88, Inflammation Score:-3, Nutrition Score:9.5404346481613%

Nutrients (% of daily need)

Calories: 225.27kcal (11.26%), Fat: 17.7g (27.22%), Saturated Fat: 2.12g (13.26%), Carbohydrates: 16.29g (5.43%), Net Carbohydrates: 15.42g (5.61%), Sugar: 11.96g (13.29%), Cholesterol: 0.99mg (0.33%), Sodium: 30.74mg (1.34%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.71g (7.42%), Manganese: 1.98mg (99.09%), Copper: 0.3mg (15.09%), Magnesium: 58.42mg (14.6%), Vitamin E: 2.17mg (14.48%), Phosphorus: 142.17mg (14.22%), Vitamin K: 12.52µg (11.92%), Zinc: 1.5mg (10.01%), Iron: 1.28mg (7.13%), Vitamin B1: 0.09mg (6.22%), Vitamin B3: 1.01mg (5.03%), Potassium: 165.2mg (4.72%), Vitamin B2: 0.08mg (4.67%), Fiber: 0.87g (3.5%), Calcium: 22.4mg (2.24%), Folate: 8.12µg (2.03%), Vitamin B5: 0.14mg (1.41%), Vitamin B6: 0.03mg (1.37%)