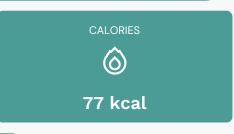


No-Bake Caramel Cheerios® Bars







MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

0.3 cup m&m candies miniature
6 cups cheerios honey nut cheerios
2 cups marshmallows miniature
0.5 cup milk chocolate chips
1 tablespoon shortening

14 oz vanilla

3 tablespoons water

Equipment

	PROTEIN 4.28% FAT 28.38% CARBS 67.34%	
Nutrition Facts		
	With table knife, cut cereal mixture into 9 rows by 4 rows to make 36 bars. Store in loosely covered container.	
	Sprinkle baking bits evenly over chocolate. Refrigerate until mixture is firm and glaze is set, about 1 hour.	
	Drizzle chocolate over top of cereal mixture.	
	In small microwavable bowl, microwave chocolate chips and shortening uncovered on High 1 to 2 minutes, stirring after each minute, until mixture is smooth.	
	Pour cereal mixture into pan. With buttered back of spoon, press mixture in pan until even.	
	Pour caramel mixture over cereal in bowl; stir until cereal is evenly coated. Gently stir in marshmallows.	
	Remove from microwave.	
	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.	
	Place cereal in large bowl; set aside.	
	Spray bottom and sides of 13x9-inch pan with cooking spray.	
Directions		
	microwave	
	knife	
	frying pan	
	bowl	
	bowl	

Properties

Glycemic Index:1.68, Glycemic Load:1.36, Inflammation Score:-2, Nutrition Score:2.2713043320438%

Nutrients (% of daily need)

Calories: 76.5kcal (3.82%), Fat: 1.65g (2.54%), Saturated Fat: 0.8g (5.02%), Carbohydrates: 8.81g (2.94%), Net Carbohydrates: 8.41g (3.06%), Sugar: 5.48g (6.09%), Cholesterol: 0.22mg (0.07%), Sodium: 21.67mg (0.94%),

Alcohol: 3.79g (100%), Alcohol %: 21.03% (100%), Protein: 0.56g (1.12%), Manganese: 0.15mg (7.49%), Folate: 25.02μg (6.25%), Iron: 1.05mg (5.83%), Vitamin B12: 0.24μg (3.95%), Vitamin B3: 0.68mg (3.38%), Vitamin B6: 0.07mg (3.28%), Zinc: 0.48mg (3.22%), Vitamin B1: 0.05mg (3.12%), Vitamin A: 118.7IU (2.37%), Calcium: 17.29mg (1.73%), Fiber: 0.4g (1.58%), Magnesium: 5.38mg (1.35%), Phosphorus: 13.38mg (1.34%), Potassium: 45.75mg (1.31%), Selenium: 0.92μg (1.31%), Copper: 0.02mg (1.22%)