



No-Bake Caramel Cheerios® Bars

READY IN



80 min.

SERVINGS



36

CALORIES



77 kcal

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

- ☐ 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 baking bits 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: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%)