



WHATSheATE



No-Bake Chocolate Cereal Drops



Dairy Free

READY IN



15 min.

SERVINGS



24

CALORIES



100 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 cups all-bran cereal
- ☐ 1 cup butterscotch chips
- ☐ 72 m&m candies
- ☐ 1 cup semi chocolate chips

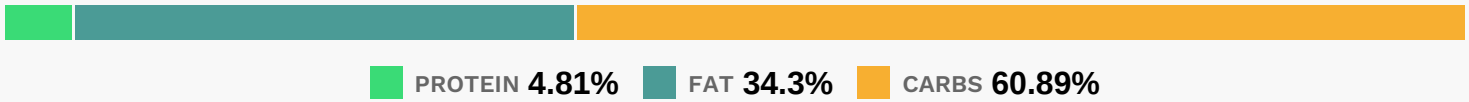
Equipment

- ☐ sauce pan

Directions

- ☐ In 2-quart saucepan, heat butterscotch chips and chocolate chips over low heat, stirring constantly, until melted and smooth.
- ☐ Gently stir in cereal until well coated. Drop mixture by 24 teaspoonfuls onto waxed paper. Press 3 M&M's minis chocolate candies onto each. Refrigerate until firm.

Nutrition Facts



Properties

Glycemic Index:1.86, Glycemic Load:1.04, Inflammation Score:-4, Nutrition Score:7.3604347576266%

Nutrients (% of daily need)

Calories: 99.56kcal (4.98%), Fat: 4.06g (6.25%), Saturated Fat: 2.29g (14.31%), Carbohydrates: 16.22g (5.41%), Net Carbohydrates: 14.03g (5.1%), Sugar: 11.14g (12.38%), Cholesterol: 1.54mg (0.51%), Sodium: 43.82mg (1.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 6.45mg (2.15%), Protein: 1.28g (2.56%), Vitamin B6: 0.62mg (31.13%), Manganese: 0.48mg (24.11%), Folate: 67.68µg (16.92%), Vitamin B12: 0.98µg (16.41%), Fiber: 2.19g (8.78%), Vitamin B2: 0.14mg (8.52%), Vitamin B1: 0.12mg (8.04%), Magnesium: 31.9mg (7.98%), Phosphorus: 78.99mg (7.9%), Iron: 1.42mg (7.89%), Copper: 0.15mg (7.37%), Zinc: 0.85mg (5.64%), Vitamin B3: 0.83mg (4.14%), Calcium: 28.51mg (2.85%), Potassium: 95.44mg (2.73%), Vitamin A: 107.82IU (2.16%), Selenium: 1.16µg (1.65%), Vitamin D: 0.22µg (1.48%), Vitamin C: 1.05mg (1.27%)