No-Bake Holiday Treats

🌾 **Gluten Free**   🥛 **Dairy Free**   🥧 **Low Fod Map**

READY IN	SERVINGS	CALORIES
🕐	🍽️	💧
80 min.	**16**	**495 kcal**

Ingredients

- [ ] 6 cups pinenuts
- [ ] 0.3 cup butter
- [ ] 4.5 cups marshmallows miniature
- [ ] 5 oz candy coating disks
- [ ] 1 serving sprinkles

Equipment

- [ ] bowl
- [ ] frying pan
- [ ] sauce pan

- [ ] cookie cutter
- [ ] microwave
- [ ] spatula

Directions

- [ ] Butter bottom and sides of 13x9-inch pan. In very large bowl, place cereal. In 3-quart saucepan, heat butter and marshmallows over low heat, stirring constantly, until melted and smooth.

- [ ] Pour over cereal; stir until cereal is well coated.

- [ ] Using buttered back of spoon, press mixture evenly in pan.

- [ ] Let stand at room temperature about 1 hour or until firm.

- [ ] Loosen edges of cereal mixture with metal spatula; remove from pan.

- [ ] Cut into desired shapes with cookie cutters about 1 inch deep. In small bowl, microwave candy coating on High 1 to 2 minutes, stirring every 30 seconds, until melted and smooth. Dip tops of treats in coating, or drizzle coating over top of each.

- [ ] Sprinkle with edible glitter.

Nutrition Facts

PROTEIN 5.64%   **FAT 70.79%**   **CARBS 23.57%**
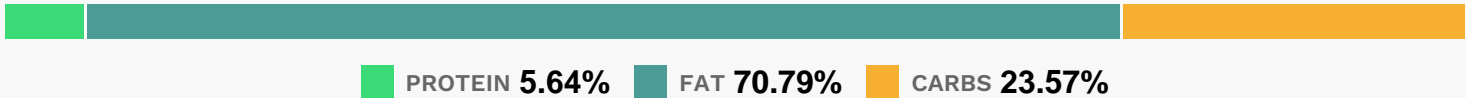
Properties

Glycemic Index:3.78, Glycemic Load:10.36, Inflammation Score:-6, Nutrition Score:15.35999992425%

Nutrients (% of daily need)

Calories: 495.02kcal (24.75%), Fat: 41.04g (63.14%), Saturated Fat: 5.84g (36.52%), Carbohydrates: 30.74g (10.25%), Net Carbohydrates: 28.85g (10.49%), Sugar: 20.86g (23.18%), Cholesterol: 0mg (0%), Sodium: 65.05mg (2.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.36g (14.72%), Manganese: 4.46mg (222.89%), Copper: 0.69mg (34.44%), Vitamin E: 4.87mg (32.47%), Magnesium: 127.63mg (31.91%), Phosphorus: 293.87mg (29.39%), Vitamin K: 27.29µg (25.99%), Zinc: 3.27mg (21.82%), Iron: 2.85mg (15.82%), Vitamin B1: 0.19mg (12.33%), Vitamin B3: 2.24mg (11.2%), Potassium: 305.27mg (8.72%), Fiber: 1.89g (7.58%), Vitamin B2: 0.12mg (6.88%), Folate: 17.47µg (4.37%), Vitamin A: 183.84IU (3.68%), Vitamin B6: 0.05mg (2.43%), Vitamin B5: 0.16mg (1.63%), Selenium: 0.71µg (1.02%), Calcium: 10.15mg (1.02%)