



## No-Bake Holly Cookies

 Dairy Free

READY IN



15 min.

SERVINGS



15

CALORIES



108 kcal

DESSERT

### Ingredients

- 0.3 cup butter
- 3 cups corn flakes
- 1.5 tsp food coloring green
- 30 marshmallows jet-puffed
- 2 Tbsp cinnamon candies hot

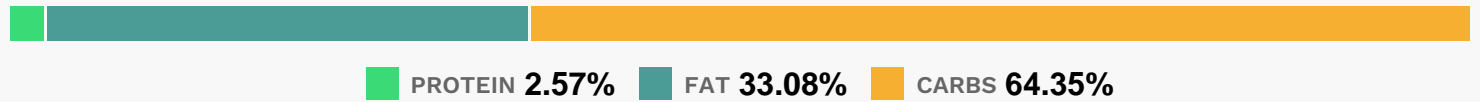
### Equipment

- baking sheet
- sauce pan

## Directions

- Melt butter in large saucepan on low heat.
- Add marshmallows; cook and stir 3 to 4 min. or until melted.
- Remove from heat. Stir in food coloring.
- Add cereal; stir to evenly coat. Drop by tablespoonfuls into 30 mounds on waxed paper-covered baking sheets sprayed with cooking spray. Press candies into cereal mixture, flattening each mound slightly.
- Let stand 30 min. or until firm.

## Nutrition Facts



## Properties

Glycemic Index:4.03, Glycemic Load:6.88, Inflammation Score:-3, Nutrition Score:2.3882609100445%

## Nutrients (% of daily need)

Calories: 107.74kcal (5.39%), Fat: 4.11g (6.32%), Saturated Fat: 0.86g (5.35%), Carbohydrates: 17.99g (6%), Net Carbohydrates: 17.79g (6.47%), Sugar: 10.22g (11.35%), Cholesterol: 0mg (0%), Sodium: 99.59mg (4.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.72g (1.43%), Iron: 1.65mg (9.17%), Vitamin A: 280.46IU (5.61%), Vitamin B2: 0.09mg (5.13%), Vitamin B3: 1.01mg (5.07%), Vitamin B6: 0.1mg (5.06%), Vitamin B1: 0.08mg (5.05%), Folate: 20.18µg (5.05%), Vitamin B12: 0.28µg (4.75%), Vitamin C: 1.19mg (1.44%), Vitamin D: 0.2µg (1.34%), Copper: 0.02mg (1.23%), Vitamin E: 0.16mg (1.09%)