



Robin's Egg Nests

 Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



98 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 12 ounce candy coating disks melted
- 2.5 cups corn flakes/bran flakes shredded whole wheat crumbled
- 24 servings drop natural food coloring green
- 24 servings gourmet jelly beans assorted

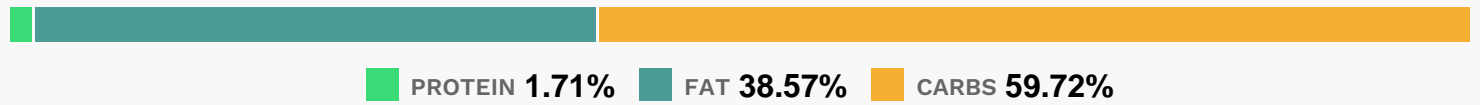
Equipment

- wax paper
- microwave

Directions

- Stir together melted coating and desired amount of food coloring paste; add cereal and, if desired, orange oil flavoring, stirring to combine.
- Drop mixture by heaping tablespoonfuls onto wax paper; shape each spoonful into a bird's nest. Gently make a small indentation in center of each nest; fill with 3 jelly beans.
- Let dry completely.
- Note: Melt coating in the microwave for 3 minutes at 50%, stirring once each minute.

Nutrition Facts



Properties

Glycemic Index:3.01, Glycemic Load:1.87, Inflammation Score:-2, Nutrition Score:2.4265217112134%

Nutrients (% of daily need)

Calories: 98.35kcal (4.92%), Fat: 4.14g (6.37%), Saturated Fat: 4.07g (25.41%), Carbohydrates: 14.42g (4.81%), Net Carbohydrates: 13.65g (4.96%), Sugar: 11.6g (12.89%), Cholesterol: 0mg (0%), Sodium: 27.11mg (1.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.41g (0.82%), Manganese: 0.15mg (7.45%), Folate: 27.79µg (6.95%), Iron: 1.17mg (6.49%), Vitamin B1: 0.05mg (3.61%), Vitamin B6: 0.07mg (3.54%), Vitamin B3: 0.7mg (3.48%), Vitamin B12: 0.21µg (3.47%), Vitamin B2: 0.06mg (3.44%), Selenium: 2.2µg (3.14%), Fiber: 0.76g (3.06%), Magnesium: 9.56mg (2.39%), Vitamin A: 104.17IU (2.08%), Phosphorus: 18.75mg (1.87%), Zinc: 0.21mg (1.39%), Copper: 0.02mg (1.06%)