



## S'mores Bars

READY IN



85 min.

SERVINGS



24

CALORIES



174 kcal

DESSERT

### Ingredients

- ☐ 5 tablespoons butter
- ☐ 13 oz corn flakes/bran flakes (8 cups)
- ☐ 0.3 cup plus light
- ☐ 10.5 oz marshmallows miniature ()
- ☐ 9 oz milk chocolate chips
- ☐ 1 teaspoon vanilla

### Equipment

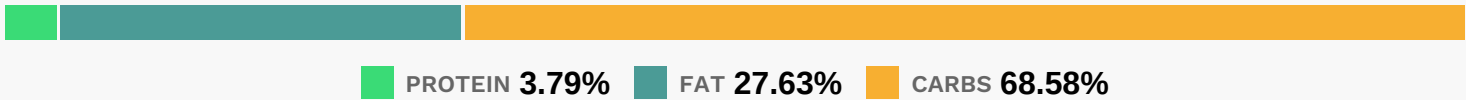
- ☐ bowl

- ☐ frying pan
- ☐ sauce pan

## Directions

- ☐ Grease 13x9-inch pan with butter. Reserve 1 cup of the marshmallows. In 3-quart saucepan, melt chocolate chips, butter, corn syrup and remaining 4 1/2 cups marshmallows over low heat, stirring occasionally, until completely melted.
- ☐ Remove from heat; stir in vanilla.
- ☐ Pour cereal into large bowl.
- ☐ Pour marshmallow mixture over cereal; stir until evenly coated. Stir in remaining 1 cup marshmallows.
- ☐ With buttered back of spoon, press mixture in pan. Cool at least 1 hour or until firm. Store loosely covered at room temperature. For bars, cut into 6 rows by 4 rows.

## Nutrition Facts



## Properties

Glycemic Index:6.32, Glycemic Load:13.51, Inflammation Score:-6, Nutrition Score:9.2156521066537%

## Nutrients (% of daily need)

Calories: 174.47kcal (8.72%), Fat: 5.74g (8.83%), Saturated Fat: 2.45g (15.34%), Carbohydrates: 32.06g (10.69%), Net Carbohydrates: 29.23g (10.63%), Sugar: 18.82g (20.92%), Cholesterol: 0mg (0%), Sodium: 122.57mg (5.33%), Alcohol: 0.06g (100%), Alcohol %: 0.16% (100%), Protein: 1.77g (3.54%), Manganese: 0.55mg (27.46%), Folate: 102.58µg (25.64%), Iron: 4.33mg (24.05%), Vitamin B1: 0.2mg (13.48%), Vitamin B6: 0.26mg (13.09%), Vitamin B3: 2.58mg (12.88%), Vitamin B12: 0.77µg (12.85%), Vitamin B2: 0.22mg (12.73%), Selenium: 8.3µg (11.85%), Fiber: 2.82g (11.29%), Vitamin A: 488.23IU (9.76%), Magnesium: 35.56mg (8.89%), Phosphorus: 70.62mg (7.06%), Zinc: 0.79mg (5.26%), Copper: 0.09mg (4.45%), Vitamin D: 0.51µg (3.38%), Potassium: 114.35mg (3.27%), Calcium: 16.08mg (1.61%), Vitamin E: 0.21mg (1.39%), Vitamin B5: 0.14mg (1.36%)