



S'mores Hot Cereal

READY IN



10 min.

SERVINGS



1

CALORIES



507 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

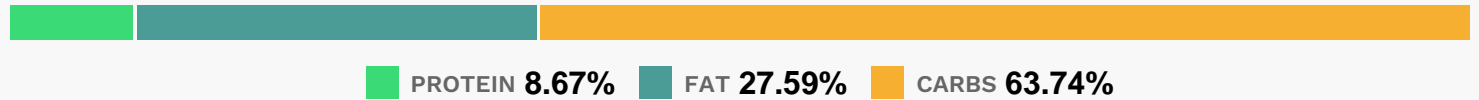
- 3 tablespoons wheat chex dry hot
- 0.5 cup milk
- 0.3 cup water
- 2 tablespoons marshmallows miniature
- 2 tablespoons semi chocolate chips
- 0.3 cup golden beets

Equipment

Directions

- Prepare hot wheat cereal using milk and water as directed on package.
- Immediately stir in marshmallows and chocolate chips.
- Sprinkle with cereal.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:162.5, Glycemic Load:18.16, Inflammation Score:-9, Nutrition Score:31.309999958329%

Flavonoids

Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 506.58kcal (25.33%), Fat: 16.45g (25.31%), Saturated Fat: 8.9g (55.65%), Carbohydrates: 85.52g (28.51%), Net Carbohydrates: 76.48g (27.81%), Sugar: 40.93g (45.48%), Cholesterol: 16.44mg (5.48%), Sodium: 357.33mg (15.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 25.8mg (8.6%), Protein: 11.63g (23.27%), Vitamin D: 39.08µg (260.56%), Folate: 414.88µg (103.72%), Iron: 15.83mg (87.93%), Zinc: 6.39mg (42.58%), Fiber: 9.04g (36.17%), Phosphorus: 358.74mg (35.87%), Vitamin B12: 2.13µg (35.48%), Vitamin B2: 0.6mg (35.18%), Vitamin B1: 0.44mg (29.51%), Vitamin B6: 0.58mg (29.01%), Magnesium: 114.18mg (28.55%), Calcium: 271.12mg (27.11%), Vitamin B3: 5.24mg (26.18%), Manganese: 0.52mg (25.83%), Copper: 0.44mg (21.96%), Potassium: 625.53mg (17.87%), Vitamin A: 695.63IU (13.91%), Vitamin C: 7.33mg (8.88%), Selenium: 5.58µg (7.97%), Vitamin B5: 0.6mg (5.99%), Vitamin K: 2.59µg (2.47%), Vitamin E: 0.25mg (1.68%)