



S'mores Hot Cereal

READY IN



10 min.

SERVINGS



1

CALORIES



525 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

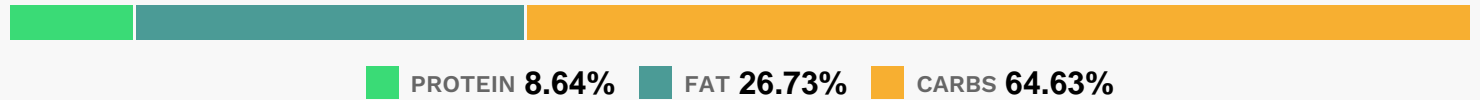
- 0.3 cup corn flakes/bran flakes
- 2 tablespoons marshmallows miniature
- 0.5 cup milk
- 2 tablespoons semi chocolate chips
- 0.3 cup water
- 3 tablespoons wheat chex dry hot

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:170.75, Glycemic Load:21.19, Inflammation Score:-9, Nutrition Score:35.06652172752%

Nutrients (% of daily need)

Calories: 524.76kcal (26.24%), Fat: 16.61g (25.55%), Saturated Fat: 8.94g (55.84%), Carbohydrates: 90.32g (30.11%), Net Carbohydrates: 80.4g (29.24%), Sugar: 40.49g (44.99%), Cholesterol: 16.44mg (5.48%), Sodium: 384.81mg (16.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 25.8mg (8.6%), Protein: 12.08g (24.15%), Vitamin D: 39.41µg (262.76%), Folate: 444.52µg (111.13%), Iron: 18.36mg (101.97%), Zinc: 6.77mg (45.12%), Vitamin B12: 2.63µg (43.81%), Vitamin B2: 0.72mg (42.62%), Fiber: 9.92g (39.68%), Phosphorus: 390.04mg (39%), Manganese: 0.76mg (38.08%), Vitamin B1: 0.56mg (37.48%), Vitamin B6: 0.73mg (36.37%), Vitamin B3: 6.79mg (33.96%), Magnesium: 129.26mg (32.32%), Calcium: 270.08mg (27.01%), Copper: 0.46mg (23.19%), Vitamin A: 934.41IU (18.69%), Potassium: 568.33mg (16.24%), Selenium: 10.59µg (15.13%), Vitamin C: 5.66mg (6.86%), Vitamin B5: 0.63mg (6.33%), Vitamin K: 2.67µg (2.54%), Vitamin E: 0.31mg (2.1%)