



So Pink Cereal Bars

READY IN



35 min.

SERVINGS



14

CALORIES



177 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 tablespoons butter
- ☐ 0.7 cup candy-coated chocolate pieces mini such as M&M's®
- ☐ 3 cups oat cereal rings toasted cheerios® such as
- ☐ 3 cups rice cereal squares crispy rice chex® such as
- ☐ 10 ounce marshmallows
- ☐ 0.5 cup cranberries dried sweetened
- ☐ 3 ounce cranberry jell-o® mix flavored

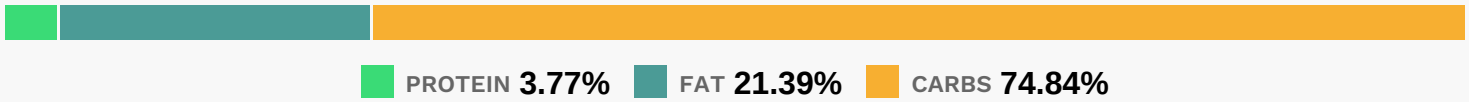
Equipment

- ☐ pot
- ☐ baking pan

Directions

- ☐ Butter a 9x12-inch baking dish.
- ☐ Melt 2 tablespoons of butter in a large nonstick pot over low heat.
- ☐ Mix in the marshmallows and cranberry gelatin mix until the marshmallows have melted and the mixture is smooth.
- ☐ Stir in the rice squares, oat cereal rings, mini candy-coated chocolate pieces, and dried cranberries until thoroughly combined.
- ☐ Working quickly, press the mixture into the prepared baking dish and allow to cool.
- ☐ Cut into 2-inch squares.

Nutrition Facts



Properties

Glycemic Index:11.11, Glycemic Load:10.18, Inflammation Score:-3, Nutrition Score:3.6230434593947%

Flavonoids

Cyanidin: 2.85mg, Cyanidin: 2.85mg, Cyanidin: 2.85mg, Cyanidin: 2.85mg Delphinidin: 0.47mg, Delphinidin: 0.47mg, Delphinidin: 0.47mg, Delphinidin: 0.47mg Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 2.99mg, Peonidin: 2.99mg, Peonidin: 2.99mg, Peonidin: 2.99mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.27mg, Epicatechin: 0.27mg, Epicatechin: 0.27mg, Epicatechin: 0.27mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.51mg, Myricetin: 0.51mg, Myricetin: 0.51mg, Myricetin: 0.51mg Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg

Nutrients (% of daily need)

Calories: 176.64kcal (8.83%), Fat: 4.36g (6.71%), Saturated Fat: 2.56g (16.01%), Carbohydrates: 34.36g (11.45%), Net Carbohydrates: 33.11g (12.04%), Sugar: 21.46g (23.85%), Cholesterol: 5.79mg (1.93%), Sodium: 58.7mg (2.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.73g (3.46%), Manganese: 0.19mg (9.73%), Folate: 38.61µg

(9.65%), Iron: 1.61mg (8.97%), Vitamin B1: 0.08mg (5.18%), Vitamin B12: 0.31µg (5.13%), Fiber: 1.25g (4.99%), Vitamin B3: 0.99mg (4.96%), Vitamin A: 224.27IU (4.49%), Zinc: 0.67mg (4.44%), Vitamin B6: 0.09mg (4.32%), Calcium: 29.88mg (2.99%), Selenium: 1.94µg (2.77%), Copper: 0.05mg (2.64%), Phosphorus: 23.9mg (2.39%), Vitamin C: 1.88mg (2.28%), Magnesium: 7.31mg (1.83%), Vitamin E: 0.24mg (1.6%), Potassium: 41.6mg (1.19%), Vitamin D: 0.16µg (1.08%), Vitamin B2: 0.02mg (1.08%)