



## Special Marshmallow Treats



Gluten Free



Low Fod Map

READY IN



15 min.

SERVINGS



12

CALORIES



113 kcal

### Ingredients

- ☐ 10.5 ounce marshmallows mini
- ☐ 0.1 teaspoon salt
- ☐ 4 tablespoons butter unsalted
- ☐ 0.5 teaspoon vanilla extract
- ☐ 5.5 cups special k
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### Equipment

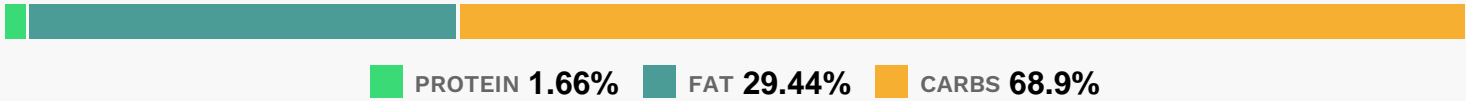
- ☐ frying pan
- ☐ sauce pan

- ☐ pot
- ☐ aluminum foil

## Directions

- ☐ Line a 9 inch square pan with nonstick foil. Alternatively, line with regular foil and spray with cooking spray.In a large (3 quart), preferably non-stick saucepan or a slightly larger pot, melt the butter over medium heat. When it's about halfway melted, add the salt and swirl it around.
- ☐ Add the marshmallows and stir over medium heat until they're about halfway melted, then reduce heat slightly and continue stirring until they are fully melted.
- ☐ Remove from heat and stir in the vanilla extract.
- ☐ Add the cereal (it will seem like a lot) and stir until fully mixed, then press into the pan and let cool completely.Lift from pan and cut into squares.

## Nutrition Facts



## Properties

Glycemic Index:5.04, Glycemic Load:12.19, Inflammation Score:-1, Nutrition Score:0.33565217216054%

## Nutrients (% of daily need)

Calories: 112.82kcal (5.64%), Fat: 3.83g (5.9%), Saturated Fat: 2.41g (15.07%), Carbohydrates: 20.19g (6.73%), Net Carbohydrates: 20.17g (7.33%), Sugar: 14.31g (15.9%), Cholesterol: 10.03mg (3.34%), Sodium: 44.6mg (1.94%), Alcohol: 0.06g (100%), Alcohol %: 0.24% (100%), Protein: 0.49g (0.97%), Vitamin A: 116.62IU (2.33%), Copper: 0.02mg (1.25%)