



Strawberry Shortcake Chex Treats

READY IN



30 min.

SERVINGS



18

CALORIES



208 kcal

DESSERT

Ingredients

- 2 cups strawberries fresh
- 2 tablespoons sugar
- 3 tablespoons butter
- 10 oz marshmallows
- 6 cups rice chex
- 2.5 cups angel food cake cubed (1 inch)
- 2 cups cool whip frozen thawed

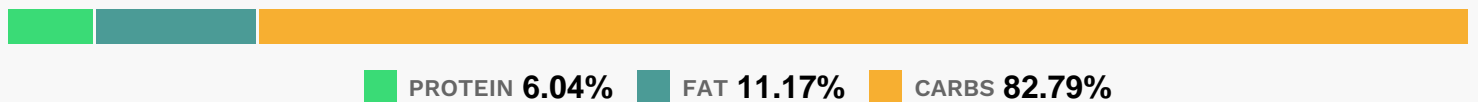
Equipment

- bowl
- frying pan
- baking pan
- microwave
- spatula
- glass baking pan

Directions

- Spray 13x9-inch (3-quart) glass baking dish or pan with cooking spray.
- Toss strawberries with sugar; set aside.
- In large microwavable bowl, microwave butter uncovered on High about 45 seconds or until melted.
- Add marshmallows; toss to coat. Microwave 1 minute to 1 minute 30 seconds longer. Stir until marshmallows are completely melted and mixture is well blended.
- Add cereal; mix well.
- Add angel food cubes; mix well.
- Using waxed paper or spatula sprayed with cooking spray, press mixture evenly into baking dish. Cool 15 minutes.
- For bars, cut into 6 rows by 3 rows. Top each with 1 tablespoon whipped topping and some strawberries.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:12.26, Glycemic Load:9.03, Inflammation Score:-4, Nutrition Score:8.0330434856207%

Flavonoids

Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.05mg, Delphinidin: 0.05mg, Delphinidin: 0.05mg, Delphinidin:

0.05mg Pelargonidin: 3.98mg, Pelargonidin: 3.98mg, Pelargonidin: 3.98mg, Pelargonidin: 3.98mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.5mg, Catechin: 0.5mg, Catechin: 0.5mg, Catechin: 0.5mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 207.68kcal (10.38%), Fat: 2.66g (4.09%), Saturated Fat: 1.51g (9.43%), Carbohydrates: 44.39g (14.8%), Net Carbohydrates: 43.78g (15.92%), Sugar: 23.26g (25.85%), Cholesterol: 6.35mg (2.12%), Sodium: 274.5mg (11.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.24g (6.48%), Manganese: 0.41mg (20.3%), Folate: 76.45µg (19.11%), Iron: 3.18mg (17.66%), Vitamin B2: 0.26mg (15.3%), Vitamin C: 11.41mg (13.83%), Vitamin B1: 0.17mg (11.06%), Vitamin B12: 0.64µg (10.67%), Selenium: 7.4µg (10.58%), Phosphorus: 100.88mg (10.09%), Vitamin B6: 0.19mg (9.32%), Vitamin B3: 1.82mg (9.1%), Zinc: 1.35mg (9%), Calcium: 73.51mg (7.35%), Vitamin A: 241.49IU (4.83%), Copper: 0.07mg (3.52%), Potassium: 96.13mg (2.75%), Fiber: 0.61g (2.46%), Vitamin D: 0.33µg (2.22%), Magnesium: 8.44mg (2.11%), Vitamin B5: 0.19mg (1.92%)