



## Super Cereal Bars

 Gluten Free

READY IN



10 min.

SERVINGS



15

CALORIES



144 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 6 cups apple and cinnamon cereal sweetened flavored
- 0.5 cup butter
- 6 cups marshmallows miniature

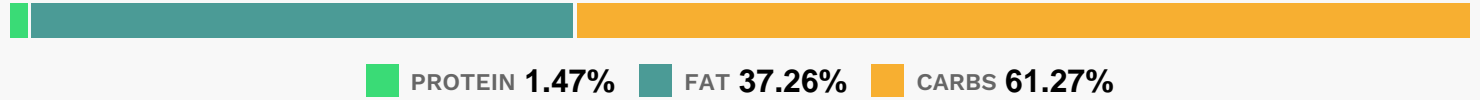
### Equipment

- oven
- microwave
- glass baking pan

## Directions

- In a 12x7 inch glass baking dish, melt butter in a microwave oven. Stir in the marshmallows and continue to cook, stirring frequently until melted.
- Mix in the cereal until evenly coated then flatten into the dish and let cool until set.
- Cut into squares and serve.

## Nutrition Facts



## Properties

Glycemic Index:9.5, Glycemic Load:11.65, Inflammation Score:-2, Nutrition Score:1.1804347919381%

## Flavonoids

Cyanidin: 0.79mg, Cyanidin: 0.79mg, Cyanidin: 0.79mg, Cyanidin: 0.79mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 3.77mg, Epicatechin: 3.77mg, Epicatechin: 3.77mg, Epicatechin: 3.77mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 2.01mg, Quercetin: 2.01mg, Quercetin: 2.01mg, Quercetin: 2.01mg

## Nutrients (% of daily need)

Calories: 143.85kcal (7.19%), Fat: 6.26g (9.63%), Saturated Fat: 3.91g (24.47%), Carbohydrates: 23.16g (7.72%), Net Carbohydrates: 21.94g (7.98%), Sugar: 16.72g (18.58%), Cholesterol: 16.27mg (5.42%), Sodium: 65.15mg (2.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.55g (1.11%), Fiber: 1.22g (4.88%), Vitamin A: 216.09IU (4.32%), Vitamin C: 2.3mg (2.79%), Vitamin E: 0.27mg (1.77%), Copper: 0.03mg (1.65%), Potassium: 56.32mg (1.61%), Vitamin K: 1.63µg (1.55%), Vitamin B6: 0.02mg (1.07%)