



Teddy Bear

 Dairy Free

READY IN



60 min.

SERVINGS



8

CALORIES



207 kcal

SIDE DISH

Ingredients

- ☐ 3 tablespoons butter
- ☐ 5 cups corn flakes/bran flakes
- ☐ 0.8 oz fruit (any flavor; from 4.5-oz box)
- ☐ 2 small gumdrops black
- ☐ 4 large gumdrops black
- ☐ 3 cups marshmallows miniature

Equipment

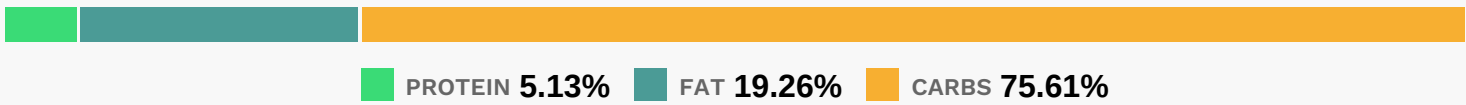
- ☐ bowl

☐ microwave

Directions

- ☐ In large microwavable bowl, microwave butter and marshmallows uncovered on High 1 to 2 minutes, stirring after each minute, until mixture is smooth.
- ☐ Remove from microwave. Stir in cereal until evenly coated.
- ☐ On sheet of waxed paper, make 4 mounds of cereal mixture using 1/4 cup of mixture for each. Make another mound using 1 1/4 cups of cereal mixture. Lightly spray hands with cooking spray; shape all mounds into balls, pressing tightly.
- ☐ Shape remaining cereal mixture into a cone shape, about 4 inches wide at bottom and 6 inches tall, pressing tightly. Slightly flatten top of cone. Press large ball onto top of cone to make head. Press 4 small balls to front of cone to make arms and legs.
- ☐ Slightly flatten 1 large gumdrop; press onto head to form snout. Press 2 large gumdrops at top of head for ears. Press remaining large gumdrop on back of cone at bottom for tail. Press small gumdrops above snout for eyes. Tie fruit snack roll around neck for scarf.

Nutrition Facts



Properties

Glycemic Index:36.09, Glycemic Load:25.53, Inflammation Score:-8, Nutrition Score:14.939565197929%

Nutrients (% of daily need)

Calories: 207.02kcal (10.35%), Fat: 4.79g (7.37%), Saturated Fat: 0.99g (6.17%), Carbohydrates: 42.33g (14.11%), Net Carbohydrates: 37.69g (13.71%), Sugar: 19.64g (21.83%), Cholesterol: 0mg (0%), Sodium: 202.54mg (8.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.87g (5.74%), Manganese: 0.89mg (44.74%), Folate: 167.04µg (41.76%), Iron: 7.08mg (39.32%), Vitamin B1: 0.33mg (21.76%), Vitamin B6: 0.43mg (21.34%), Vitamin B3: 4.2mg (21.01%), Vitamin B12: 1.26µg (20.92%), Vitamin B2: 0.35mg (20.8%), Selenium: 13.5µg (19.28%), Fiber: 4.64g (18.57%), Vitamin A: 820.82IU (16.42%), Magnesium: 57.98mg (14.5%), Phosphorus: 115.34mg (11.53%), Zinc: 1.26mg (8.4%), Copper: 0.15mg (7.3%), Vitamin D: 0.82µg (5.5%), Potassium: 139.09mg (3.97%), Vitamin E: 0.36mg (2.37%), Vitamin B5: 0.22mg (2.24%), Calcium: 13.47mg (1.35%)