



Vanilla Haystacks

 Dairy Free

READY IN



40 min.

SERVINGS



8

CALORIES



255 kcal

SIDE DISH

Ingredients

- 0.5 cup cranberries dried
- 2 cups honey-flavored multi-grain cereal flakes with vanilla-flavored clusters
- 4 squares baker's semi-sweet chocolate

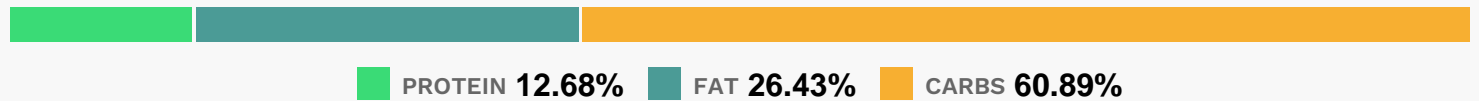
Equipment

- bowl
- baking sheet

Directions

- Melt chocolate in large microwaveable bowl as directed on package.
- Add cereal and cranberries; toss to coat.
- Drop tablespoons of the cereal mixture into 16 mounds on waxed paper-covered baking sheet.
- Refrigerate 30 min. or until set. Store in tightly covered container at room temperature.

Nutrition Facts



Properties

Glycemic Index:8.71, Glycemic Load:15.29, Inflammation Score:-4, Nutrition Score:11.771739104034%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 254.63kcal (12.73%), Fat: 7.55g (11.61%), Saturated Fat: 3.52g (22.02%), Carbohydrates: 39.1g (13.03%), Net Carbohydrates: 34.03g (12.38%), Sugar: 13.25g (14.72%), Cholesterol: 0.84mg (0.28%), Sodium: 267.94mg (11.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 12.04mg (4.01%), Protein: 8.14g (16.29%), Manganese: 1.47mg (73.42%), Selenium: 16.48µg (23.54%), Fiber: 5.07g (20.28%), Magnesium: 70.49mg (17.62%), Phosphorus: 162.4mg (16.24%), Vitamin B1: 0.24mg (15.78%), Copper: 0.31mg (15.66%), Vitamin B3: 2.78mg (13.9%), Iron: 2.43mg (13.49%), Calcium: 105.77mg (10.58%), Zinc: 1.42mg (9.46%), Vitamin B6: 0.14mg (6.77%), Potassium: 230.96mg (6.6%), Vitamin B2: 0.11mg (6.3%), Folate: 24.84µg (6.21%), Vitamin K: 6.2µg (5.9%), Vitamin B5: 0.46mg (4.64%), Vitamin E: 0.56mg (3.74%)