



Wedding Shower Cereal Cakes

 Dairy Free

READY IN



80 min.

SERVINGS



8

CALORIES



409 kcal

Ingredients

- 0.3 cup butter
- 10 oz marshmallows miniature ()
- 5 cups corn flakes/bran flakes
- 4 cups kellogg's® cocoa cereal
- 6.4 oz chocolate icing white canned

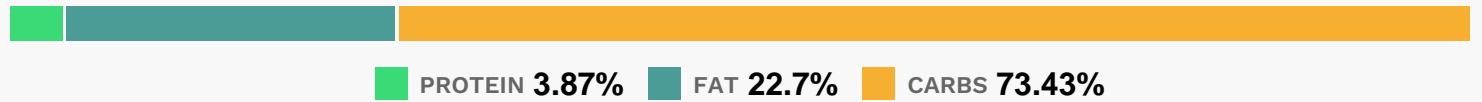
Equipment

- bowl
- frying pan
- microwave

Directions

- Spray bottom and sides of 13x9-inch pan with cooking spray. In large microwavable bowl, microwave butter uncovered on High about 45 seconds or until melted.
- Add marshmallows; toss until coated. Microwave uncovered on High about 1 minute 30 seconds, stirring after 45 seconds, until mixture can be stirred smooth.
- Immediately add cereals; stir until evenly coated. Firmly press into pan. Cool about 1 hour or until firm.
- To make tiered cakes, using 3-, 2- and 1 1/4-inch round cutters, cut 8 rounds of each size; starting with 3-inch rounds. Stack rounds to form 8 (3-layer) bars. Decorate as desired, using decorating icing. Store loosely covered.

Nutrition Facts



Properties

Glycemic Index:21.97, Glycemic Load:35.27, Inflammation Score:-9, Nutrition Score:23.226086937863%

Nutrients (% of daily need)

Calories: 409.43kcal (20.47%), Fat: 10.92g (16.79%), Saturated Fat: 2.16g (13.49%), Carbohydrates: 79.46g (26.49%), Net Carbohydrates: 73.83g (26.85%), Sugar: 46.07g (51.19%), Cholesterol: 0mg (0%), Sodium: 373.49mg (16.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.18g (8.37%), Folate: 235.59µg (58.9%), Iron: 10.12mg (56.24%), Manganese: 0.96mg (48.06%), Vitamin B2: 0.71mg (41.73%), Vitamin B1: 0.58mg (38.69%), Vitamin B6: 0.76mg (37.99%), Vitamin B3: 7.58mg (37.92%), Vitamin B12: 2.27µg (37.75%), Zinc: 3.78mg (25.21%), Vitamin A: 1212.1IU (24.24%), Fiber: 5.64g (22.55%), Selenium: 14.92µg (21.31%), Magnesium: 69.02mg (17.25%), Phosphorus: 160.76mg (16.08%), Vitamin D: 1.49µg (9.94%), Copper: 0.19mg (9.3%), Calcium: 81.47mg (8.15%), Vitamin E: 0.89mg (5.9%), Potassium: 194.67mg (5.56%), Vitamin C: 4.01mg (4.86%), Vitamin K: 3.68µg (3.5%), Vitamin B5: 0.31mg (3.07%)