



Whole Grain Marshmallow Crispy Bars

READY IN



35 min.

SERVINGS



24

CALORIES



126 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 tablespoons butter
- ☐ 10.5 oz marshmallows miniature
- ☐ 15 oz corn flakes/bran flakes honey nut clusters®
- ☐ 1 cup cranberries dried

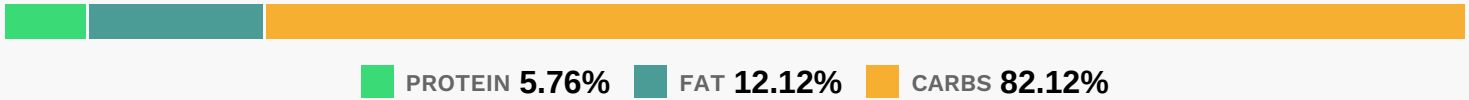
Equipment

- ☐ sauce pan
- ☐ baking pan
- ☐ glass baking pan

Directions

- ☐ Spray 13x9-inch (3-quart) glass baking dish with cooking spray. In large saucepan, melt butter over low heat.
- ☐ Add marshmallows; cook, stirring constantly, 4 to 5 minutes or until melted and smooth.
- ☐ Remove from heat. Stir in cereal and cranberries until well coated.
- ☐ Press mixture into baking dish.
- ☐ Let stand 10 to 15 minutes or until firm.
- ☐ Cut into 6 rows by 4 rows.

Nutrition Facts



Properties

Glycemic Index:7.61, Glycemic Load:14.06, Inflammation Score:-7, Nutrition Score:10.600434910101%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 125.66kcal (6.28%), Fat: 1.87g (2.88%), Saturated Fat: 0.98g (6.14%), Carbohydrates: 28.53g (9.51%), Net Carbohydrates: 25.01g (9.09%), Sugar: 14.11g (15.67%), Cholesterol: 3.76mg (1.25%), Sodium: 117.11mg (5.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2g (4%), Manganese: 0.65mg (32.33%), Folate: 118.36µg (29.59%), Iron: 5.01mg (27.83%), Vitamin B1: 0.23mg (15.41%), Vitamin B6: 0.3mg (15.18%), Vitamin B3: 3mg (14.99%), Vitamin B12: 0.89µg (14.81%), Vitamin B2: 0.25mg (14.72%), Fiber: 3.52g (14.09%), Selenium: 9.56µg (13.66%), Magnesium: 41.06mg (10.27%), Vitamin A: 486.69IU (9.73%), Phosphorus: 81.37mg (8.14%), Zinc: 0.9mg (5.98%), Copper: 0.1mg (5.19%), Vitamin D: 0.58µg (3.9%), Potassium: 97.95mg (2.8%), Vitamin E: 0.28mg (1.89%), Vitamin B5: 0.17mg (1.67%)