



WHATSheATE



Whole Grain Marshmallow Crispy Bars

READY IN



20 min.

SERVINGS



15

CALORIES



186 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 tablespoons butter
- ☐ 1.3 cups cranberries dried divided
- ☐ 10.5 oz marshmallows miniature
- ☐ 15 oz multi-grain cluster cereal

Equipment

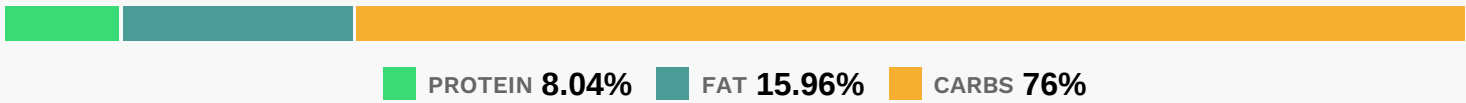
- ☐ frying pan
- ☐ sauce pan
- ☐ oven

☐ baking pan

Directions

- ☐ Melt butter in a large saucepan over low heat.
- ☐ Add marshmallows, and cook, stirring constantly, 4 to 5 minutes or until melted and smooth.
- ☐ Remove from heat.
- ☐ Stir in cereal and 1 cup cranberries until well coated.
- ☐ Press mixture into a 13- x 9-inch baking dish coated with cooking spray. Chop remaining 1/4 cup cranberries, and sprinkle on top.
- ☐ Let stand 10 to 15 minutes or until firm.
- ☐ Cut into 24 bars.
- ☐ Place 1/3 cup pecan halves, chopped, in a single layer on a shallow pan.
- ☐ Bake at 350 for 8 to 9 minutes or until toasted, stirring once after 5 minutes. Prepare Whole Grain Marshmallow Crispy Bars as directed through Step Press mixture as directed into baking dish coated with cooking spray.
- ☐ Sprinkle with toasted pecans and 1 tsp. ground cinnamon. Proceed with recipe as directed.
- ☐ Per bar: Calories 142; Fat 9g (sat 1g, mono 9g, poly 4g); Protein 7g; Carb 9g; Fiber 9g; Chol 4mg; Iron 7mg; Sodium 22mg; Calc 10mg.
- ☐ Note: For testing purposes only, we used Kashi GOLEAN Crunch! cereal.

Nutrition Facts



Properties

Glycemic Index:12.01, Glycemic Load:17.08, Inflammation Score:-2, Nutrition Score:5.0582609372618%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 186.3kcal (9.32%), Fat: 3.43g (5.27%), Saturated Fat: 1.67g (10.42%), Carbohydrates: 36.72g (12.24%), Net Carbohydrates: 34.46g (12.53%), Sugar: 20.02g (22.24%), Cholesterol: 6.02mg (2.01%), Sodium: 161.96mg (7.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.89g (7.77%), Manganese: 0.63mg (31.68%), Selenium: 7.74µg (11.06%), Fiber: 2.26g (9.02%), Vitamin B1: 0.11mg (7.5%), Vitamin B3: 1.33mg (6.64%), Phosphorus: 63.17mg (6.32%), Magnesium: 22.69mg (5.67%), Calcium: 48.39mg (4.84%), Iron: 0.81mg (4.51%), Copper: 0.09mg (4.48%), Zinc: 0.52mg (3.46%), Vitamin B6: 0.07mg (3.29%), Folate: 12.19µg (3.05%), Vitamin K: 3.17µg (3.02%), Vitamin B2: 0.05mg (3%), Vitamin E: 0.43mg (2.87%), Potassium: 77.49mg (2.21%), Vitamin B5: 0.22mg (2.2%), Vitamin A: 70.82IU (1.42%)