



Wreath Cookies

 Dairy Free

READY IN



28 min.

SERVINGS



1

CALORIES



2276 kcal

DESSERT

Ingredients

- ☐ 1 pieces candy-coated chocolate cinnamon candies white red mini
- ☐ 12 oz vanilla candy coating
- ☐ 2.5 cups coarsely cereal biscuits shredded whole wheat with vanilla creme-flavored frosted mini wheats) mini crushed
- ☐ 1 serving paste food coloring green

Equipment

- ☐ bowl
- ☐ wax paper

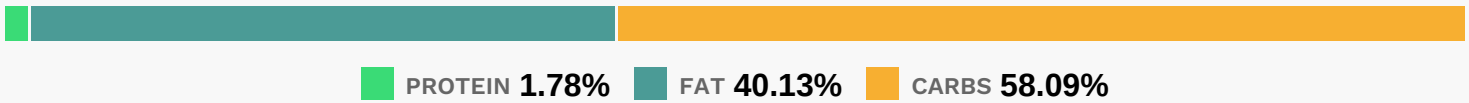
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microwave

Directions

- ☐ Microwave vanilla candy coating in a medium bowl at MEDIUM (50% power) 3 minutes, stirring after every minute. Stir in desired amount of food coloring.
- ☐ Add cereal, stirring gently to coat. Drop cereal mixture by heaping tablespoonfuls onto wax paper; shape each spoonful into a wreath. Decorate with assorted candies.
- ☐ Let cookies stand about 30 minutes until firm.

Nutrition Facts



Properties

Glycemic Index:72.25, Glycemic Load:44.94, Inflammation Score:-10, Nutrition Score:49.416521751767%

Nutrients (% of daily need)

Calories: 2275.53kcal (113.78%), Fat: 99.53g (153.12%), Saturated Fat: 97.74g (610.86%), Carbohydrates: 324.18g (108.06%), Net Carbohydrates: 305.86g (111.22%), Sugar: 262.23g (291.36%), Cholesterol: 0.15mg (0.05%), Sodium: 639.34mg (27.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.95g (19.9%), Manganese: 3.57mg (178.4%), Folate: 667µg (166.75%), Iron: 28.01mg (155.62%), Vitamin B1: 1.3mg (86.67%), Vitamin B6: 1.7mg (85%), Vitamin B3: 16.7mg (83.5%), Vitamin B12: 5µg (83.33%), Vitamin B2: 1.4mg (82.35%), Selenium: 52.5µg (75%), Fiber: 18.33g (73.31%), Magnesium: 229mg (57.25%), Vitamin A: 2502.24IU (50.04%), Phosphorus: 449mg (44.9%), Zinc: 5mg (33.33%), Copper: 0.5mg (25%), Vitamin D: 3.3µg (22%), Potassium: 533mg (15.23%), Vitamin B5: 0.87mg (8.68%), Vitamin E: 0.77mg (5.13%), Calcium: 45.16mg (4.52%), Vitamin K: 1.4µg (1.33%)