



Candied Yam Rice Krispies Treats

READY IN



120 min.

SERVINGS



12

CALORIES



159 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons brown sugar
- ☐ 4 tablespoons butter
- ☐ 1 teaspoon cinnamon
- ☐ 4 cups marshmallows miniature
- ☐ 0.3 teaspoon nutmeg
- ☐ 6 cups rice krispies
- ☐ 4 ounces yam pureed well

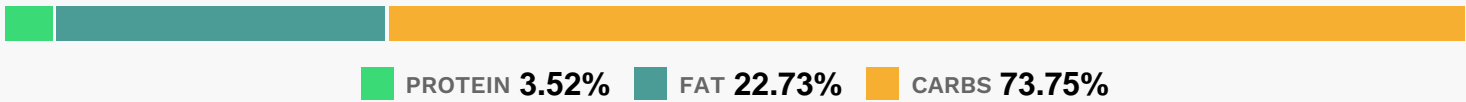
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ knife

Directions

- ☐ Generously grease a 9x13-inch pan on the bottom and sides. Set to the side.
- ☐ In a large saucepan, melt the butter and brown sugar over low heat.
- ☐ Once the butter is mostly melted, raise the heat to medium and add the mini marshmallows. Stir frequently until the marshmallows have melted into a marshmallow creme-type mass.
- ☐ Stir in 2 ounces of pureed yams and spices until evenly distributed. Continue adding more of the yams, bit by bit, until it has reached your desired flavor (go ahead, test it!).
- ☐ Remove from heat, and stir in the cereal. Stir until the cereal is evenly coated with the marshmallow-yam mixture. Turn out into your greased pan, and using either buttered hands or holding a piece of waxed paper, press the mixture into the pan so that it is firmly packed in (this will make the bars easier to slice and more dense and delicious later).
- ☐ Let the bars cool for several hours or until they have reached room temperature; slice into bars using a very sharp knife. To keep things from getting messy, keep a moist cloth nearby to clean the knife between cuts.

Nutrition Facts



Properties

Glycemic Index:19.77, Glycemic Load:9.36, Inflammation Score:-7, Nutrition Score:9.6269565120987%

Nutrients (% of daily need)

Calories: 159.18kcal (7.96%), Fat: 4.14g (6.37%), Saturated Fat: 2.49g (15.54%), Carbohydrates: 30.2g (10.07%), Net Carbohydrates: 29.65g (10.78%), Sugar: 12.99g (14.43%), Cholesterol: 10.03mg (3.34%), Sodium: 118.55mg (5.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.44g (2.88%), Vitamin E: 3.87mg (25.79%), Iron: 4.38mg (24.31%), Folate: 87.94µg (21.99%), Vitamin A: 1061.47IU (21.23%), Vitamin B6: 0.36mg (17.92%), Vitamin B1: 0.26mg (17.26%), Vitamin B12: 1.02µg (17%), Vitamin B3: 2.59mg (12.96%), Vitamin C: 10.49mg (12.71%), Manganese: 0.25mg (12.62%), Vitamin B2: 0.19mg (10.91%), Vitamin D: 0.87µg (5.79%), Selenium: 3.17µg (4.53%), Copper: 0.06mg (3.05%), Potassium: 100.09mg (2.86%), Phosphorus: 25.43mg (2.54%), Fiber: 0.56g (2.23%), Magnesium: 6.55mg (1.64%), Zinc: 0.23mg (1.55%), Vitamin B5: 0.12mg (1.23%)