



Candy Cane Crunch Krispie Treats

👤 Popular

READY IN



45 min.

SERVINGS



16

CALORIES



350 kcal

DESSERT

Ingredients

- ☐ 30 candy cane hershey's kisses
- ☐ 3 tablespoons candy canes crushed
- ☐ 2 tablespoons canola oil
- ☐ 13 ounce rice krispie cereal
- ☐ 6 cups marshmallows mini
- ☐ 4 Tablespoons butter unsalted
- ☐ 2 cups chocolate chips white

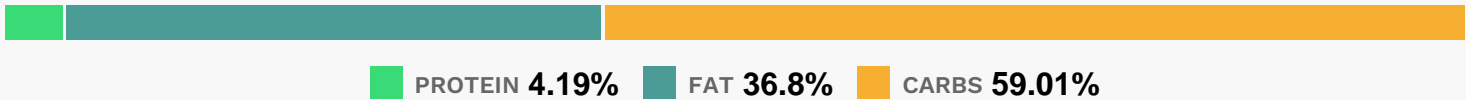
Equipment

- ☐ bowl
- ☐ double boiler
- ☐ baking pan
- ☐ aluminum foil
- ☐ stove
- ☐ microwave

Directions

- ☐ Place foil into a 9×13 inch baking dish and spray generously with cooking spray.
- ☐ Place butter into a large microwavable safe bowl and cook until melted, about 40 seconds depending on your microwave.
- ☐ Remove from microwave and stir in marshmallows to coat in butter. Return to microwave and cook until marshmallows are puffed and melty, about 1-1 1/2 minutes.
- ☐ Remove from microwave and quickly stir in cereal, mixing to combine then stir in unwrapped kisses and candy cane pieces. Stir quickly then transfer to prepared baking dish.
- ☐ Let set up for 1/2 hour then cut into squares.
- ☐ Place white chips into a microwavable safe bowl or over a double boiler.
- ☐ Heat chips in microwave or over stovetop until melted. Stir in vegetable oil stirring until smooth. Spoon melted chocolate over squares then top with additional crushed candy cane pieces.

Nutrition Facts



Properties

Glycemic Index:8.16, Glycemic Load:18.5, Inflammation Score:-7, Nutrition Score:15.048260792442%

Nutrients (% of daily need)

Calories: 350.06kcal (17.5%), Fat: 14.81g (22.79%), Saturated Fat: 7.9g (49.35%), Carbohydrates: 53.44g (17.81%), Net Carbohydrates: 52.7g (19.16%), Sugar: 30.77g (34.19%), Cholesterol: 14.4mg (4.8%), Sodium: 229.33mg (9.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.8g (7.6%), Iron: 7.85mg (43.6%), Folate: 172.55µg (43.14%), Manganese: 0.83mg (41.4%), Vitamin B2: 0.43mg (25.49%), Vitamin B12: 1.42µg (23.66%), Zinc: 3.38mg (22.53%),

Vitamin B1: 0.33mg (22.31%), Vitamin B3: 4.45mg (22.23%), Vitamin B6: 0.44mg (21.97%), Calcium: 148.43mg (14.84%), Vitamin A: 520.8IU (10.42%), Selenium: 5.88µg (8.4%), Phosphorus: 76.03mg (7.6%), Vitamin C: 5.23mg (6.33%), Vitamin D: 0.9µg (6.03%), Vitamin B5: 0.48mg (4.8%), Copper: 0.09mg (4.61%), Vitamin E: 0.68mg (4.56%), Vitamin K: 3.77µg (3.59%), Potassium: 109.43mg (3.13%), Fiber: 0.74g (2.96%), Magnesium: 10.06mg (2.51%)