



Candy Corn-Marshmallow RICE KRISPIESÂ® TREATSÂ,,ç

♥ Popular

READY IN



10 min.

SERVINGS



24

CALORIES



135 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup butter
- 2 cups candy corn
- 6 cups kelloggâ€™sâ® rice krispiesâ® cereal
- 6 cups marshmallows jet-puffed miniature
- 4 drops food coloring red
- 12 drops food coloring yellow

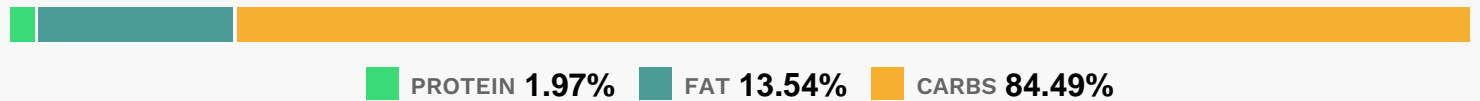
Equipment

- bowl
- frying pan
- microwave

Directions

- Microwave butter in large microwaveable bowl on HIGH 45 sec. or until melted.
- Add marshmallows; toss to coat. Microwave 1-1/2 min. or until marshmallows are completely melted and mixture is well blended, stirring in food colorings after 45 sec.
- Add cereal and candy corn; mix well. Press onto bottom of 13x9-inch pan sprayed with cooking spray.
- Cool completely before cutting into 12 bars.
- Cut each bar diagonally in half.

Nutrition Facts



Properties

Glycemic Index:4.6, Glycemic Load:6.14, Inflammation Score:-3, Nutrition Score:4.0521739202997%

Nutrients (% of daily need)

Calories: 135.39kcal (6.77%), Fat: 2.07g (3.19%), Saturated Fat: 1.26g (7.85%), Carbohydrates: 29.06g (9.69%), Net Carbohydrates: 28.91g (10.51%), Sugar: 19.83g (22.03%), Cholesterol: 5.08mg (1.69%), Sodium: 118.9mg (5.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.68g (1.35%), Iron: 2.28mg (12.65%), Folate: 50.21µg (12.55%), Manganese: 0.24mg (12.13%), Vitamin B2: 0.11mg (6.41%), Vitamin B12: 0.38µg (6.36%), Zinc: 0.95mg (6.3%), Vitamin B3: 1.26mg (6.3%), Vitamin B1: 0.09mg (6.27%), Vitamin B6: 0.13mg (6.27%), Vitamin A: 184.1IU (3.68%), Calcium: 25.92mg (2.59%), Selenium: 1.56µg (2.23%), Vitamin C: 1.5mg (1.82%), Vitamin D: 0.25µg (1.67%), Copper: 0.03mg (1.48%), Phosphorus: 11.56mg (1.16%), Vitamin B5: 0.1mg (1.02%)