



Candy Corn-Marshmallow RICE KRISPIESÂ® TREATSÂ,,ç

READY IN



10 min.

SERVINGS



10

CALORIES



325 kcal

SIDE DISH

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



PROTEIN 1.97% **FAT 13.54%** **CARBS 84.49%**

Properties

Glycemic Index:11.05, Glycemic Load:14.74, Inflammation Score:-6, Nutrition Score:9.7252174123474%

Nutrients (% of daily need)

Calories: 324.94kcal (16.25%), Fat: 4.97g (7.64%), Saturated Fat: 3.01g (18.84%), Carbohydrates: 69.75g (23.25%), Net Carbohydrates: 69.4g (25.23%), Sugar: 47.59g (52.88%), Cholesterol: 12.2mg (4.07%), Sodium: 285.35mg (12.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.63g (3.25%), Iron: 5.46mg (30.36%), Folate: 120.51µg (30.13%), Manganese: 0.58mg (29.12%), Vitamin B2: 0.26mg (15.38%), Vitamin B12: 0.92µg (15.25%), Zinc: 2.27mg (15.13%), Vitamin B3: 3.02mg (15.11%), Vitamin B1: 0.23mg (15.05%), Vitamin B6: 0.3mg (15.04%), Vitamin A: 441.84IU (8.84%), Calcium: 62.2mg (6.22%), Selenium: 3.74µg (5.35%), Vitamin C: 3.6mg (4.36%), Vitamin D: 0.6µg (4%), Copper: 0.07mg (3.56%), Phosphorus: 27.74mg (2.77%), Vitamin B5: 0.25mg (2.46%), Fiber: 0.35g (1.42%), Magnesium: 5.57mg (1.39%), Vitamin E: 0.19mg (1.26%)