



Candy Corn RICE KRISPIES® TREATS on a Stick

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



151 kcal

SIDE DISH

Ingredients

- 3 Tbsp butter
- 6 cups Kellogg's® rice krispies® cereal
- 10 oz marshmallows jet-puffed
- 4 drops food coloring red
- 24 drops food coloring yellow divided

Equipment

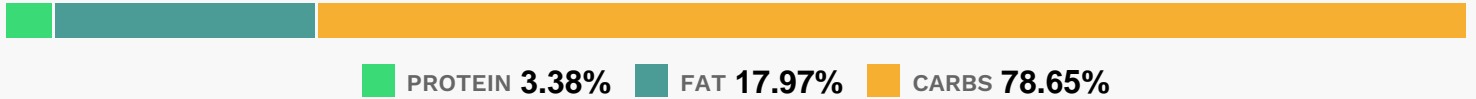
- bowl

- microwave
- cutting board

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 after 45 sec.
- Add cereal; mix well.
- Pat 1 cup cereal mixture into 3-1/2-inch circle on center of large cutting board sprayed with cooking spray.
- Add red food coloring and 12 drops yellow food coloring to 2 cups of the remaining cereal mixture; mix well. Tint remaining cereal mixture with remaining yellow coloring.
- Pat orange-colored cereal mixture into 1-1/2-inch-wide ring around cereal mixture on cutting board. Repeat with yellow-colored cereal mixture. Cool completely.
- Cut cereal mixture into 12 wedges. Insert wooden popstick into rounded end of each wedge.

Nutrition Facts



Properties

Glycemic Index:5.04, Glycemic Load:11.61, Inflammation Score:-5, Nutrition Score:8.0773913523425%

Nutrients (% of daily need)

Calories: 150.92kcal (7.55%), Fat: 3.12g (4.8%), Saturated Fat: 0.67g (4.16%), Carbohydrates: 30.73g (10.24%), Net Carbohydrates: 30.43g (11.07%), Sugar: 14.69g (16.32%), Cholesterol: 0mg (0%), Sodium: 161.12mg (7.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.32g (2.64%), Iron: 4.55mg (25.28%), Folate: 100.31µg (25.08%), Manganese: 0.49mg (24.26%), Vitamin B2: 0.22mg (12.8%), Vitamin B12: 0.76µg (12.64%), Vitamin B3: 2.52mg (12.58%), Zinc: 1.89mg (12.57%), Vitamin B1: 0.19mg (12.55%), Vitamin B6: 0.25mg (12.54%), Vitamin A: 375.21IU (7.5%), Calcium: 51.71mg (5.17%), Selenium: 3.05µg (4.35%), Vitamin C: 3mg (3.64%), Vitamin D: 0.5µg (3.33%), Copper: 0.06mg (2.9%), Phosphorus: 22.67mg (2.27%), Vitamin B5: 0.2mg (2.02%), Fiber: 0.29g (1.17%), Magnesium: 4.63mg (1.16%), Vitamin E: 0.16mg (1.04%)