



Cappuccino Crispies

 Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



129 kcal

BEVERAGE

DRINK

Ingredients

- 5 cups rice cereal crisp
- 1 tablespoon coffee granules instant
- 10 ounce marshmallows
- 1 teaspoon vanilla extract
- 1 tablespoon water hot

Equipment

- frying pan
- microwave

Directions

- Combine first 3 ingredients, stirring until coffee dissolves.
- Place marshmallows in a 2-quart glass measure. Microwave at HIGH 1 1/2 to 2 minutes or until marshmallows melt.
- Remove from microwave; stir until smooth.
- Add coffee mixture to melted marshmallows; stir well. Working quickly, add cereal to marshmallow mixture, stirring lightly to coat. Press mixture into a 13- x 9- x 2-inch pan coated with cooking spray.
- Let cool completely.
- Cut into bars.

Nutrition Facts

 PROTEIN 3.69%  FAT 0.97%  CARBS 95.34%

Properties

Glycemic Index:6.05, Glycemic Load:13.93, Inflammation Score:-1, Nutrition Score:1.0065217416572%

Nutrients (% of daily need)

Calories: 128.82kcal (6.44%), Fat: 0.14g (0.22%), Saturated Fat: 0.05g (0.3%), Carbohydrates: 31.67g (10.56%), Net Carbohydrates: 31.51g (11.46%), Sugar: 16.38g (18.2%), Cholesterol: 0mg (0%), Sodium: 23.44mg (1.02%), Alcohol: 0.14g (100%), Alcohol %: 0.44% (100%), Caffeine: 15.7mg (5.23%), Protein: 1.23g (2.45%), Folate: 14.66µg (3.66%), Vitamin B1: 0.04mg (2.77%), Copper: 0.05mg (2.55%), Vitamin B3: 0.49mg (2.47%), Selenium: 1.52µg (2.18%), Iron: 0.35mg (1.97%), Vitamin B2: 0.03mg (1.52%), Phosphorus: 14.82mg (1.48%), Magnesium: 5.07mg (1.27%)