



Cereal Chocolate Roll

 Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



174 kcal

DESSERT

Ingredients

- ☐ 0.3 cup butter
- ☐ 1.5 cups confectioners' sugar
- ☐ 0.8 cup plus
- ☐ 4.5 cups rice cereal crisp
- ☐ 3 tablespoons milk
- ☐ 0.8 cup peanut butter
- ☐ 0.7 cup cocoa powder unsweetened
- ☐ 0.8 cup sugar white

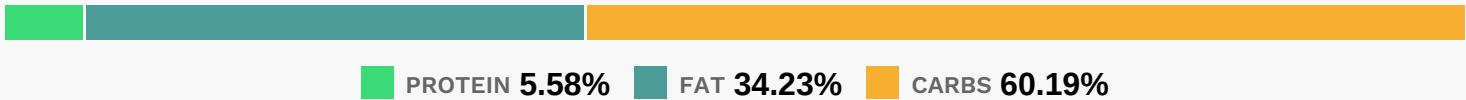
Equipment

- ☐ baking sheet
- ☐ wax paper

Directions

- ☐ Melt together corn syrup and white sugar over low heat. When mixture bubbles, remove from heat and add peanut butter, butter or margarine, and crispy rice cereal.
- ☐ Grease cookie sheet and put wax paper (also greased) on cookie sheet.
- ☐ Spread cereal mixture on wax paper.
- ☐ Mix together 1/3 cup butter or margarine, milk and confectioners' sugar. Stir in cocoa and mix well.
- ☐ Spread filling on cereal mixture and roll up as for jelly roll. Slice when cool. Store in refrigerator.

Nutrition Facts



Properties

Glycemic Index:7.96, Glycemic Load:6.15, Inflammation Score:-2, Nutrition Score:3.0943478430095%

Flavonoids

Catechin: 1.55mg, Catechin: 1.55mg, Catechin: 1.55mg, Catechin: 1.55mg Epicatechin: 4.69mg, Epicatechin: 4.69mg, Epicatechin: 4.69mg, Epicatechin: 4.69mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 174.11kcal (8.71%), Fat: 7.14g (10.98%), Saturated Fat: 2.67g (16.71%), Carbohydrates: 28.24g (9.41%), Net Carbohydrates: 26.92g (9.79%), Sugar: 22.74g (25.26%), Cholesterol: 7mg (2.33%), Sodium: 63.07mg (2.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 5.49mg (1.83%), Protein: 2.62g (5.23%), Manganese: 0.21mg (10.52%), Magnesium: 26.99mg (6.75%), Copper: 0.13mg (6.69%), Vitamin B3: 1.25mg (6.25%), Vitamin E: 0.81mg (5.43%), Fiber: 1.32g (5.28%), Phosphorus: 51.65mg (5.16%), Folate: 13.18µg (3.3%), Iron: 0.58mg (3.22%), Zinc: 0.46mg (3.1%), Potassium: 89.79mg (2.57%), Vitamin B1: 0.04mg (2.39%), Vitamin B2: 0.04mg (2.16%), Vitamin B6: 0.04mg (1.99%), Selenium: 1.26µg (1.81%), Vitamin A: 81.83IU (1.64%), Calcium: 11.91mg (1.19%), Vitamin B5: 0.1mg (1.02%)