



Cereal Treats II

READY IN



125 min.

SERVINGS



16

CALORIES



107 kcal

Ingredients

- 0.3 cup butter
- 5 cups rice cereal crispy
- 10.5 ounce marshmallows miniature

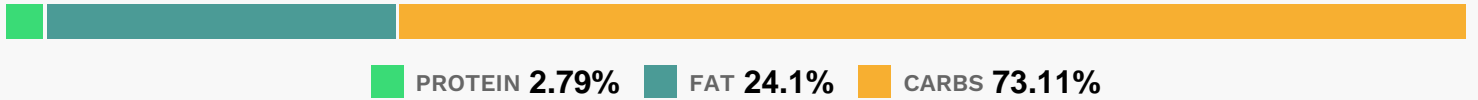
Equipment

- bowl
- frying pan
- oven
- microwave

Directions

- Grease a 9x13 inch pan with butter or cooking spray.
- In a large microwave safe bowl, combine butter and marshmallows. Microwave on high for 1 to 2 minutes, stirring every 30 seconds, until smooth.
- Remove from the oven and stir in the cereal.
- Press in to the prepared pan with the back of a buttered spoon.
- Let the treats cool for about 2 hours until set.
- Cut into squares and serve.

Nutrition Facts



Properties

Glycemic Index:6.91, Glycemic Load:9.14, Inflammation Score:-1, Nutrition Score:0.6939130400348%

Nutrients (% of daily need)

Calories: 106.93kcal (5.35%), Fat: 2.97g (4.56%), Saturated Fat: 1.85g (11.58%), Carbohydrates: 20.25g (6.75%), Net Carbohydrates: 20.15g (7.33%), Sugar: 10.72g (11.91%), Cholesterol: 7.63mg (2.54%), Sodium: 37.98mg (1.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.77g (1.55%), Folate: 9.28µg (2.32%), Vitamin A: 88.64IU (1.77%), Vitamin B1: 0.03mg (1.74%), Copper: 0.03mg (1.6%), Selenium: 0.96µg (1.38%), Iron: 0.21mg (1.17%), Vitamin B3: 0.22mg (1.11%)