



Chocolate-Caramel RICE KRISPIESÂ® TREATSÂ,,ç

READY IN



20 min.

SERVINGS



24

CALORIES



153 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 oz baker's chocolate white
- 3 Tbsp butter
- 11 oz caramels kraft
- 6 cups kelloggâ€™sâ€™ rice krispiesâ€™ cereal
- 10 oz marshmallows jet-puffed
- 2 Tbsp milk
- 0.5 cup planters pecans toasted chopped
- 1 oz baker's semi-sweet chocolate

Equipment

- bowl
- frying pan
- aluminum foil
- microwave

Directions

- Microwave butter in large microwaveable bowl on HIGH 45 sec. or until melted.
- Add marshmallows; toss to evenly 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. Press onto bottom of foil-lined 13x9-inch pan sprayed with cooking spray.
- Microwave caramels and milk in medium microwaveable bowl 2 to 2-1/2 min. or until caramels are completely melted, stirring after each minute; pour over cereal mixture.
- Spread to completely cover cereal mixture.
- Sprinkle with nuts; press lightly into caramel with back of spoon to secure.
- Place chocolates in small microwaveable bowl. Microwave 1 min. or until chocolates are completely melted, stirring every 30 sec.; drizzle over nuts. Cool before cutting to serve.

Nutrition Facts



PROTEIN 4.09% **FAT 28.06%** **CARBS 67.85%**

Properties

Glycemic Index:10.15, Glycemic Load:12.83, Inflammation Score:-3, Nutrition Score:5.3047825849575%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate:

0.05mg

Nutrients (% of daily need)

Calories: 153.3kcal (7.67%), Fat: 4.97g (7.64%), Saturated Fat: 1.29g (8.09%), Carbohydrates: 27.03g (9.01%), Net Carbohydrates: 26.59g (9.67%), Sugar: 17.13g (19.03%), Cholesterol: 1.38mg (0.46%), Sodium: 114.05mg (4.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.63g (3.26%), Manganese: 0.35mg (17.63%), Iron: 2.42mg (13.46%), Folate: 51.21µg (12.8%), Vitamin B2: 0.15mg (8.84%), Vitamin B1: 0.12mg (8.2%), Zinc: 1.14mg (7.59%), Vitamin B12: 0.43µg (7.23%), Vitamin B6: 0.14mg (6.94%), Vitamin B3: 1.32mg (6.61%), Calcium: 49.85mg (4.98%), Vitamin A: 197.19IU (3.94%), Phosphorus: 38.28mg (3.83%), Copper: 0.07mg (3.58%), Selenium: 2.01µg (2.87%), Magnesium: 9.39mg (2.35%), Vitamin B5: 0.22mg (2.15%), Vitamin C: 1.58mg (1.92%), Potassium: 62.23mg (1.78%), Fiber: 0.44g (1.77%), Vitamin D: 0.26µg (1.76%), Vitamin E: 0.19mg (1.24%)