



Chocolate Chip Krispies

READY IN



40 min.

SERVINGS



36

CALORIES



225 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 2 cups rice cereal crispy
- ☐ 2 eggs
- ☐ 2 cups flour all-purpose
- ☐ 1.3 cups brown sugar light packed
- ☐ 1 teaspoon salt
- ☐ 4 cups semi chocolate chips
- ☐ 1 cup butter unsalted
- ☐ 1.5 teaspoons vanilla extract

☐ 4 teaspoons water

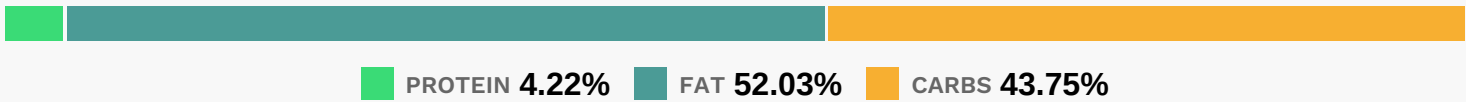
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ wire rack

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease cookie sheets.
- ☐ In a medium bowl, cream together the butter and brown sugar until smooth. Beat in the eggs, one at a time, then stir in the water and vanilla.
- ☐ Combine the flour, baking powder, and salt, gradually stir into the creamed mixture. Fold in the chocolate chips and crispy rice cereal. Drop by rounded spoonfuls onto the prepared cookie sheet.
- ☐ Bake for 8 to 10 minutes in the preheated oven. Allow cookies to cool on baking sheet for 5 minutes before removing to a wire rack to cool completely.

Nutrition Facts



Properties

Glycemic Index:4.64, Glycemic Load:3.86, Inflammation Score:-3, Nutrition Score:4.6969565023547%

Nutrients (% of daily need)

Calories: 225.26kcal (11.26%), Fat: 13.09g (20.13%), Saturated Fat: 7.74g (48.35%), Carbohydrates: 24.76g (8.25%), Net Carbohydrates: 22.96g (8.35%), Sugar: 15.3g (17%), Cholesterol: 23.85mg (7.95%), Sodium: 85.05mg (3.7%), Alcohol: 0.06g (100%), Alcohol %: 0.16% (100%), Caffeine: 17.2mg (5.73%), Protein: 2.39g (4.77%), Manganese: 0.32mg (15.95%), Copper: 0.27mg (13.45%), Iron: 1.73mg (9.62%), Magnesium: 38.25mg (9.56%), Selenium: 5.05µg (7.22%), Fiber: 1.8g (7.21%), Phosphorus: 69.85mg (6.98%), Vitamin B1: 0.07mg (4.45%), Zinc: 0.63mg (4.2%), Potassium: 138.04mg (3.94%), Folate: 15.72µg (3.93%), Vitamin A: 180.78IU (3.62%), Vitamin B2: 0.06mg (3.55%), Vitamin B3: 0.63mg (3.14%), Calcium: 29.78mg (2.98%), Vitamin E: 0.3mg (1.97%), Vitamin K: 1.91µg (1.82%), Vitamin B5: 0.15mg (1.46%), Vitamin B12: 0.07µg (1.14%)