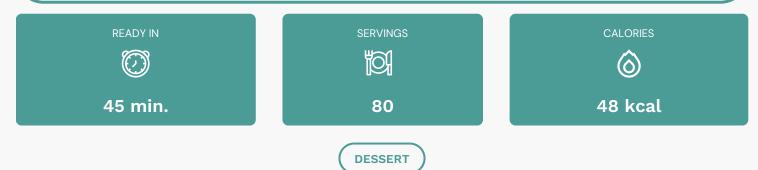


Chocolate Rice Krispies



Ingredients

- 10 cups rice cereal crisp
- 3 tablespoons butter light
- 20 ounces marshmallows
- 0.5 cup semi chocolate chips mini
- 5 tablespoons butter unsalted
- 0.3 cup cocoa powder unsweetened

Equipment

frying pan

		baking sheet
		sauce pan
		whisk
Directions		
		Combine butters and cocoa in a large saucepan over medium-high heat. Melt butter, whisking until mixture is well combined. Stir in marshmallows, melting them completely.
		Remove pan from heat and stir in cereal, working quickly before marshmallow mixture sets. Stir in chocolate chips. Coat hands with cooking spray and shape mixture into about 80 walnut-sized balls.
		Place balls on a baking sheet and let harden for about an hour. Store in an airtight container in a cool, dry place for up to 3 days. (Do not refrigerate.)
		Self

Nutrition Facts

PROTEIN 3.65% 📕 FAT 27.32% 📒 CARBS 69.03%

Properties

Glycemic Index:0.76, Glycemic Load:3.48, Inflammation Score:-1, Nutrition Score:0.59999999468741%

Flavonoids

Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.7mg, Epicatechin: 0.7mg, Epicatechin: 0.7mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 47.7kcal (2.38%), Fat: 1.51g (2.33%), Saturated Fat: 0.92g (5.74%), Carbohydrates: 8.61g (2.87%), Net Carbohydrates: 8.35g (3.03%), Sugar: 4.5g (5%), Cholesterol: 2.51mg (0.84%), Sodium: 6.26mg (0.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.46g (0.91%), Copper: 0.04mg (2.01%), Manganese: 0.03mg (1.46%), Iron: 0.21mg (1.17%), Magnesium: 4.65mg (1.16%), Fiber: 0.26g (1.05%)