



Chocolate Rice Krispies

READY IN



45 min.

SERVINGS



80

CALORIES



48 kcal

DESSERT

Ingredients

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

Equipment

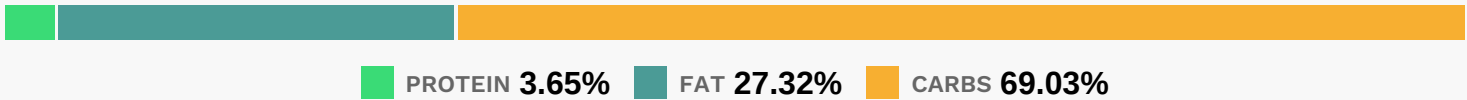
- ☐ frying pan

- ☐ 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



Properties

Glycemic Index:0.76, Glycemic Load:3.48, Inflammation Score:-1, Nutrition Score:0.599999999468741%

Flavonoids

Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.7mg, 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: 0g (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%)