



Christmas pudding Rice Krispie cakes

 Gluten Free

READY IN



35 min.

SERVINGS



10

CALORIES



185 kcal

DESSERT

Ingredients

- ☐ 50 g rice (we used Rice Krispies)
- ☐ 30 g raisins chopped
- ☐ 50 g butter
- ☐ 100 g chocolate
- ☐ 2 tbsp crunchy peanut butter
- ☐ 30 g marshmallows mini
- ☐ 80 g chocolate white

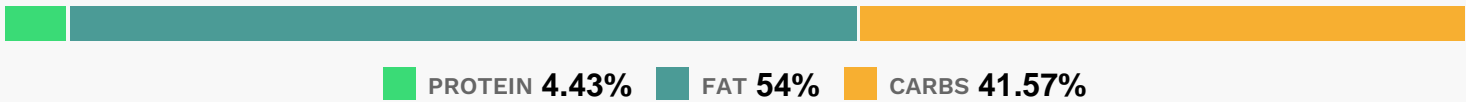
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ microwave

Directions

- ☐ Put the rice pops and raisins into a bowl.
- ☐ Put the butter, milk chocolate, peanut butter and marshmallows into a small saucepan.
- ☐ Place on a medium to low heat and stir until the chocolate and butter have melted but the marshmallows are just beginning to melt.
- ☐ Pour onto the rice pops and stir until well coated. Line an egg cup with cling film. Press about a tablespoon of the mixture into the egg cup. Press firmly and then remove, peel off the cling film and place the pudding into a cake case, flat-side down. Repeat with the remaining mixture. Chill until firm.
- ☐ Melt the white chocolate in the microwave or in bowl over a saucepan of barely simmering water. Spoon a little chocolate over the top of each pudding. Top with icing holly leaves.

Nutrition Facts



Properties

Glycemic Index:34.31, Glycemic Load:10.79, Inflammation Score:-1, Nutrition Score:2.6765217463607%

Nutrients (% of daily need)

Calories: 185.19kcal (9.26%), Fat: 11.7g (17.99%), Saturated Fat: 6.39g (39.93%), Carbohydrates: 20.26g (6.75%), Net Carbohydrates: 19.17g (6.97%), Sugar: 11.87g (13.19%), Cholesterol: 12.43mg (4.14%), Sodium: 59.99mg (2.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 6.6mg (2.2%), Protein: 2.16g (4.32%), Manganese: 0.17mg (8.51%), Copper: 0.1mg (5.18%), Magnesium: 19.69mg (4.92%), Phosphorus: 48.43mg (4.84%), Fiber: 1.09g (4.38%), Vitamin B2: 0.06mg (3.51%), Vitamin B3: 0.68mg (3.41%), Potassium: 107.57mg (3.07%), Vitamin E: 0.43mg (2.84%), Iron: 0.48mg (2.68%), Vitamin A: 127.35IU (2.55%), Selenium: 1.78µg (2.54%), Zinc: 0.36mg (2.43%), Calcium: 23.29mg (2.33%), Vitamin B6: 0.04mg (1.81%), Vitamin K: 1.73µg (1.65%), Vitamin B5: 0.15mg (1.49%), Vitamin B1: 0.02mg (1.17%), Folate: 4.47µg (1.12%)