



## Coconut RICE KRISPIES® TREATS,,ç

 Dairy Free

READY IN



15 min.

SERVINGS



15

CALORIES



177 kcal

SIDE DISH

### Ingredients

- 3 Tbsp butter
- 6 cups kelloggâ€™sâ€™ rice krispiesâ€™ cereal
- 1.5 cups baker's angel flake coconut divided toasted
- 10 oz marshmallows jet-puffed

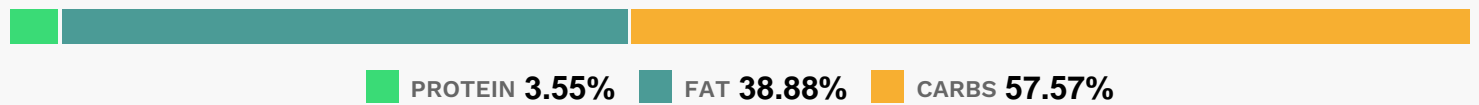
### Equipment

- bowl
- frying pan
- microwave

## Directions

- Microwave butter in large microwaveable bowl on HIGH 45 sec. or until melted.
- Add marshmallows; toss to coat. Microwave 1-1/2 min. or until marshmallows are completely melted and mixture is well blended, stirring after 45 sec.
- Add cereal and 1 cup coconut; mix well.
- Press onto bottom of 13x9-inch pan sprayed with cooking spray. Top with remaining coconut; press lightly into cereal mixture to secure. Cool completely before cutting into squares.

## Nutrition Facts



## Properties

Glycemic Index:4.03, Glycemic Load:9.28, Inflammation Score:-5, Nutrition Score:7.9582608679067%

## Nutrients (% of daily need)

Calories: 176.83kcal (8.84%), Fat: 7.98g (12.28%), Saturated Fat: 5.4g (33.72%), Carbohydrates: 26.59g (8.86%), Net Carbohydrates: 24.97g (9.08%), Sugar: 12.38g (13.75%), Cholesterol: 0mg (0%), Sodium: 132.04mg (5.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.64g (3.28%), Manganese: 0.62mg (31.07%), Iron: 3.92mg (21.79%), Folate: 81.01µg (20.25%), Vitamin B6: 0.23mg (11.31%), Zinc: 1.68mg (11.2%), Vitamin B2: 0.18mg (10.74%), Vitamin B1: 0.16mg (10.38%), Vitamin B3: 2.06mg (10.32%), Vitamin B12: 0.61µg (10.11%), Fiber: 1.62g (6.48%), Vitamin A: 300.17IU (6%), Selenium: 4.01µg (5.73%), Copper: 0.11mg (5.7%), Calcium: 43.58mg (4.36%), Phosphorus: 35.65mg (3.56%), Vitamin C: 2.53mg (3.07%), Magnesium: 11.35mg (2.84%), Vitamin D: 0.4µg (2.66%), Vitamin B5: 0.23mg (2.3%), Potassium: 68.58mg (1.96%), Vitamin E: 0.16mg (1.08%)