



Cookies 'n Cream RICE KRISPIESÂ® TREATSÂ,,ç

READY IN



10 min.

SERVINGS



12

CALORIES



217 kcal

Ingredients

- 3 Tbsp butter
- 5 cups kelloggâ€™™sâ® rice krispiesâ® cereal
- 10 oz marshmallows jet-puffed
- 16 oreo cookies divided coarsely chopped

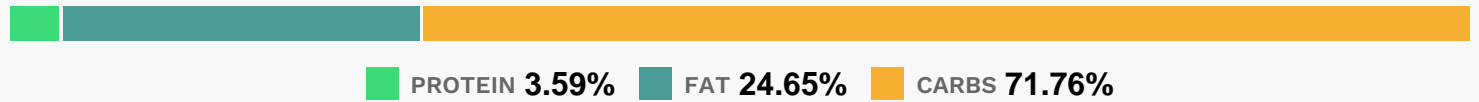
Equipment

- 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 chopped cookies; mix well.
- Press onto bottom of 13x9-inch pan sprayed with cooking spray.
- Sprinkle with remaining chopped cookies; press lightly into cereal mixture to secure. Cool completely before cutting into squares.

Nutrition Facts



Properties

Glycemic Index:5.04, Glycemic Load:11.61, Inflammation Score:-5, Nutrition Score:8.6839130754056%

Nutrients (% of daily need)

Calories: 216.72kcal (10.84%), Fat: 6.13g (9.44%), Saturated Fat: 1.56g (9.74%), Carbohydrates: 40.17g (13.39%), Net Carbohydrates: 39.46g (14.35%), Sugar: 21.02g (23.36%), Cholesterol: 0mg (0%), Sodium: 205mg (8.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.01g (4.02%), Iron: 5.74mg (31.87%), Manganese: 0.51mg (25.66%), Folate: 93.39µg (23.35%), Vitamin B2: 0.22mg (12.92%), Vitamin B3: 2.52mg (12.58%), Vitamin B1: 0.19mg (12.57%), Zinc: 1.69mg (11.28%), Vitamin B6: 0.21mg (10.64%), Vitamin B12: 0.63µg (10.54%), Vitamin A: 333.86IU (6.68%), Copper: 0.11mg (5.28%), Selenium: 3.44µg (4.91%), Calcium: 46.74mg (4.67%), Vitamin K: 4.5µg (4.28%), Vitamin E: 0.54mg (3.62%), Phosphorus: 34.22mg (3.42%), Vitamin C: 2.5mg (3.04%), Magnesium: 11.47mg (2.87%), Fiber: 0.71g (2.85%), Vitamin D: 0.42µg (2.78%), Vitamin B5: 0.22mg (2.17%), Potassium: 61.24mg (1.75%)