



Cranberry and White Chocolate Rice Krispies Squares

READY IN



45 min.

SERVINGS



9

CALORIES



441 kcal

DESSERT

Ingredients

- 6 cups rice krispies
- 2 cups cranberries dried
- 1 cup chocolate chips white
- 0.3 cup butter
- 5 cups marshmallows
- 1 teaspoon vanilla

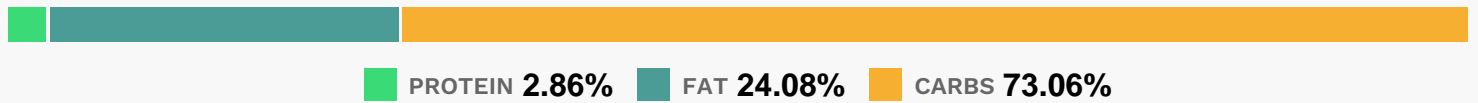
Equipment

- bowl
- frying pan
- wooden spoon
- microwave

Directions

- Add the cereal, cranberries and white chocolate chips into a large bowl.
- In a large micro-wave bowl, add the marshmallows and butter. Microwave on high for 3 minutes. Stir the mixture after two minutes. Stir in the vanilla at the end of the cooking time.
- Pour the melted marshmallows into the large bowl containing the cereal mixture.
- Stir with a wooden spoon to combine.
- Transfer to a 9"x13" buttered rectangular pan and pat down evenly with your hands or a wooden spoon.
- Cut into squares and serve.

Nutrition Facts



Properties

Glycemic Index:20.06, Glycemic Load:28.73, Inflammation Score:-8, Nutrition Score:13.94%

Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.65mg, Myricetin: 0.65mg, Myricetin: 0.65mg Quercetin: 1.21mg, Quercetin: 1.21mg, Quercetin: 1.21mg, Quercetin: 1.21mg

Taste

Sweetness: 100%, Saltiness: 0.47%, Sourness: 1.69%, Bitterness: 2.06%, Savoriness: 0.96%, Fattiness: 33.02%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 440.87kcal (22.04%), Fat: 12.29g (18.91%), Saturated Fat: 7.25g (45.34%), Carbohydrates: 83.94g (27.98%), Net Carbohydrates: 82.36g (29.95%), Sugar: 57.26g (63.62%), Cholesterol: 17.76mg (5.92%), Sodium: 191.64mg (8.33%), Protein: 3.28g (6.57%), Vitamin E: 5.87mg (39.13%), Iron: 5.93mg (32.92%), Folate: 115.87µg (28.97%), Vitamin A: 1405.28IU (28.11%), Vitamin B12: 1.47µg (24.54%), Vitamin B1: 0.35mg (23.15%), Vitamin B6: 0.46mg (23.08%), Vitamin B3: 3.69mg (18.47%), Vitamin B2: 0.31mg (18.1%), Manganese: 0.32mg (16%), Vitamin C: 11.97mg (14.51%), Selenium: 5.49µg (7.85%), Vitamin D: 1.16µg (7.72%), Phosphorus: 65.56mg (6.56%), Fiber: 1.58g (6.34%), Copper: 0.1mg (5.22%), Calcium: 45.97mg (4.6%), Vitamin K: 4.31µg (4.1%), Zinc: 0.46mg (3.05%), Vitamin B5: 0.3mg (3.02%), Potassium: 97.99mg (2.8%), Magnesium: 9.53mg (2.38%)