



Crisp Rice Cereal "Apples"

READY IN



25 min.

SERVINGS



8

CALORIES



558 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.3 cup butter
- ☐ 7 cups rice cereal crisp
- ☐ 10 oz regular marshmallows
- ☐ 32 inch pretzel rods
- ☐ 12 oz semisweet chocolate morsels
- ☐ 8 servings orange decorator sugar crystals

Equipment

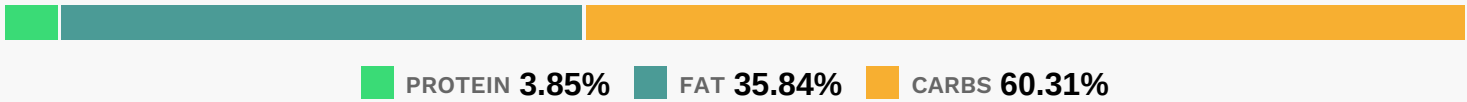
- ☐ bowl

- ☐ plastic wrap
- ☐ wax paper
- ☐ microwave

Directions

- ☐ Microwave butter and marshmallows in a lightly greased large microwave-safe bowl at HIGH 3 minutes, stirring after 2 minutes. Stir until smooth.
- ☐ Stir in cereal, in batches, until well coated.
- ☐ Coat hands with cooking spray. Shape warm mixture into 8 (4-inch) balls (about 1 cup each), lightly greasing hands as needed.
- ☐ Place balls on wax paper. Press 1 pretzel rod half, broken end down, into top of each ball.
- ☐ Let cool completely (about 30 minutes).
- ☐ Microwave chocolate morsels in a microwave-safe bowl at HIGH 2 minutes, stirring after 1 minute. Stir until smooth.
- ☐ Let stand, stirring occasionally, 5 minutes.
- ☐ Drizzle chocolate over balls; sprinkle with sugar.
- ☐ To make ahead: Wrap in plastic wrap, and store at room temperature for up to 2 days.

Nutrition Facts



Properties

Glycemic Index:32.95, Glycemic Load:32.28, Inflammation Score:-5, Nutrition Score:9.3656522761221%

Nutrients (% of daily need)

Calories: 557.54kcal (27.88%), Fat: 22.6g (34.77%), Saturated Fat: 13.13g (82.05%), Carbohydrates: 85.57g (28.52%), Net Carbohydrates: 81.56g (29.66%), Sugar: 48.23g (53.59%), Cholesterol: 17.8mg (5.93%), Sodium: 205.14mg (8.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 36.57mg (12.19%), Protein: 5.46g (10.92%), Manganese: 0.66mg (33.08%), Copper: 0.62mg (31.04%), Magnesium: 83.54mg (20.88%), Iron: 3.71mg (20.61%), Fiber: 4.01g (16.05%), Phosphorus: 147.38mg (14.74%), Folate: 44.11µg (11.03%), Zinc: 1.43mg (9.56%), Selenium: 6.48µg (9.26%), Vitamin B1: 0.13mg (8.63%), Potassium: 286.43mg (8.18%), Vitamin B3: 1.5mg (7.49%), Vitamin B2: 0.1mg (6.05%), Vitamin A: 198.54IU (3.97%), Vitamin K: 3.86µg (3.68%), Calcium: 33.46mg (3.35%), Vitamin E: 0.48mg (3.2%), Vitamin B5: 0.17mg (1.71%), Vitamin B12: 0.09µg (1.48%), Vitamin B6: 0.02mg (1.16%)