

## Fruity Krispy Treats

READY IN



70 min.

SERVINGS



8

CALORIES



268 kcal

### Ingredients

- ☐ 6 cups fruit-flavored breakfast cereal fruity pebbles® (such as Post )
- ☐ 0.3 cup butter
- ☐ 10.5 ounce fruit marshmallows mini flavored

### Equipment

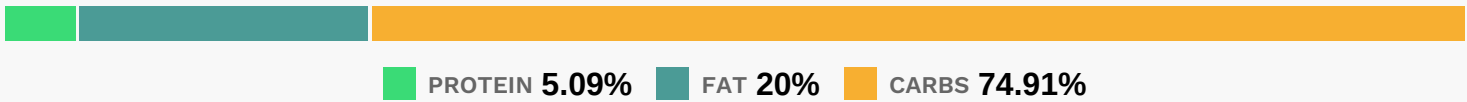
- ☐ frying pan
- ☐ sauce pan

### Directions

- ☐ Spray an 8x10-inch pan with cooking spray.

- ☐
- In a large saucepan over low heat, melt the butter. Gently stir the marshmallows into the butter, and allow to fully melt. Stir until the butter and marshmallows are blended, remove pan from heat, and stir in the breakfast cereal until the cereal is completely coated with the melted marshmallows.
- ☐
- Spread the mixture out into the prepared pan, refrigerate for 1 hour to set, and cut into bars.

## Nutrition Facts



## Properties

Glycemic Index:22.84, Glycemic Load:31.76, Inflammation Score:-8, Nutrition Score:17.909130314122%

## Nutrients (% of daily need)

Calories: 267.59kcal (13.38%), Fat: 6.46g (9.93%), Saturated Fat: 3.79g (23.67%), Carbohydrates: 54.4g (18.13%), Net Carbohydrates: 48.88g (17.77%), Sugar: 27.02g (30.02%), Cholesterol: 15.25mg (5.08%), Sodium: 237.38mg (10.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.7g (7.4%), Manganese: 1.07mg (53.67%), Folate: 200.68µg (50.17%), Iron: 8.49mg (47.15%), Vitamin B1: 0.39mg (26.05%), Vitamin B6: 0.51mg (25.57%), Vitamin B3: 5.04mg (25.21%), Vitamin B12: 1.51µg (25.2%), Vitamin B2: 0.42mg (24.87%), Selenium: 16.45µg (23.5%), Fiber: 5.53g (22.11%), Vitamin A: 927.27IU (18.55%), Magnesium: 69.59mg (17.4%), Phosphorus: 139.38mg (13.94%), Zinc: 1.52mg (10.14%), Copper: 0.19mg (9.3%), Vitamin D: 0.99µg (6.6%), Potassium: 163.46mg (4.67%), Vitamin B5: 0.27mg (2.7%), Vitamin E: 0.4mg (2.64%), Calcium: 16.02mg (1.6%)