



## Hidden Surprise Easter Egg Treats

 Dairy Free

READY IN



20 min.

SERVINGS



20

CALORIES



106 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 3 Tbsp butter
- 12 plastic snap-apart 3x2-inch easter eggs
- 6 cups kelloggâ€™sâ€™ rice krispiesâ€™ cereal
- 0.5 cup m&mâ€™sâ€™ brand chocolate candies
- 4 cups marshmallows jet-puffed miniature

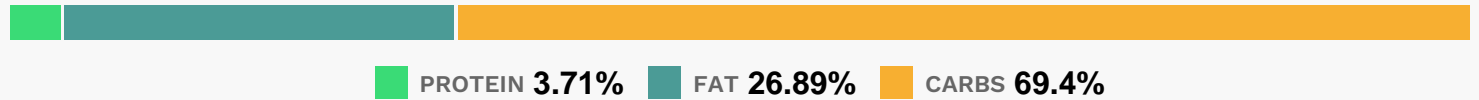
### Equipment

- sauce pan

## Directions

- Coat insides of clean plastic eggs with cooking spray.
- Melt butter in large saucepan over low heat.
- Add marshmallows; cook and stir until completely melted.
- Remove from heat.
- Add cereal; stir until evenly coated.
- Press 1/4 cup cereal mixture (with greased hands) firmly into each egg half, hollowing out center.
- Remove from molds.
- Place on sheet of waxed paper. Cool slightly.
- Place about 6 candies in one half of each egg. Gently press both halves of each egg together. Cool completely.

## Nutrition Facts



## Properties

Glycemic Index:3.03, Glycemic Load:4.91, Inflammation Score:-4, Nutrition Score:4.9113043592028%

## Nutrients (% of daily need)

Calories: 106.45kcal (5.32%), Fat: 3.26g (5.02%), Saturated Fat: 1.26g (7.85%), Carbohydrates: 18.95g (6.32%), Net Carbohydrates: 18.64g (6.78%), Sugar: 10g (11.11%), Cholesterol: 0.86mg (0.29%), Sodium: 97.33mg (4.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.01g (2.02%), Iron: 2.79mg (15.5%), Folate: 60.14µg (15.04%), Manganese: 0.29mg (14.54%), Vitamin B2: 0.13mg (7.68%), Vitamin B12: 0.45µg (7.58%), Vitamin B1: 0.11mg (7.53%), Zinc: 1.13mg (7.53%), Vitamin B3: 1.51mg (7.53%), Vitamin B6: 0.15mg (7.52%), Vitamin A: 238.31IU (4.77%), Calcium: 38.16mg (3.82%), Selenium: 1.76µg (2.51%), Vitamin C: 1.85mg (2.24%), Vitamin D: 0.3µg (2%), Copper: 0.03mg (1.54%), Phosphorus: 13.27mg (1.33%), Fiber: 0.31g (1.25%), Vitamin B5: 0.12mg (1.21%)