



Indian Spiced Rice Treats

READY IN



25 min.

SERVINGS



24

CALORIES



138 kcal

Ingredients

- 1 cup cashew nuts unsalted chopped
- 6 cups rice cereal crispy
- 1 cup golden raisins
- 1 teaspoon ground cardamom
- 10 ounce marshmallows miniature
- 0.5 cup butter unsalted

Equipment

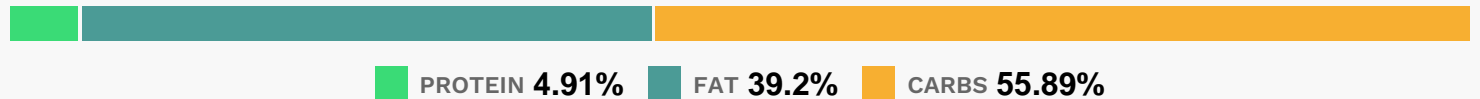
- bowl
- frying pan

baking pan

Directions

- In a large bowl, toss together the cereal, cashew nuts and raisins. Melt the butter in a large pan over medium heat. Stir in the marshmallows and cardamom until smooth.
- Pour in the cereal mixture, and stir until evenly coated.
- Spread evenly in a greased baking dish, and pat down lightly. Cool, and cut into squares.

Nutrition Facts



Properties

Glycemic Index:6.14, Glycemic Load:8.75, Inflammation Score:-2, Nutrition Score:2.4500000010366%

Flavonoids

Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 137.57kcal (6.88%), Fat: 6.29g (9.68%), Saturated Fat: 2.88g (17.99%), Carbohydrates: 20.19g (6.73%), Net Carbohydrates: 19.67g (7.15%), Sugar: 10.7g (11.89%), Cholesterol: 10.17mg (3.39%), Sodium: 11.59mg (0.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.77g (3.55%), Copper: 0.16mg (8.18%), Manganese: 0.13mg (6.6%), Magnesium: 19.73mg (4.93%), Phosphorus: 46.56mg (4.66%), Iron: 0.64mg (3.56%), Vitamin B1: 0.04mg (2.95%), Zinc: 0.4mg (2.64%), Selenium: 1.85µg (2.64%), Potassium: 88.62mg (2.53%), Vitamin A: 118.18IU (2.36%), Vitamin K: 2.38µg (2.27%), Folate: 8.97µg (2.24%), Vitamin B6: 0.04mg (2.13%), Fiber: 0.52g (2.08%), Vitamin B2: 0.03mg (1.7%), Vitamin B3: 0.3mg (1.51%), Vitamin E: 0.17mg (1.13%)