



Jumbo Rice Krispies Treats

 Popular

READY IN



11 min.

SERVINGS



9

CALORIES



155 kcal

Ingredients

- ☐ 5 cups rice cereal crisp (Rice Krispies)
- ☐ 4 cups marshmallows miniature
- ☐ 4 tablespoons butter salted (preferably)
- ☐ 0.1 teaspoon vanilla extract

Equipment

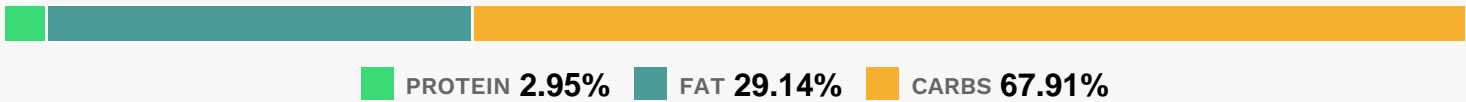
- ☐ frying pan
- ☐ sauce pan
- ☐ baking paper
- ☐ knife

- ☐ pot
- ☐ blender
- ☐ aluminum foil
- ☐ cutting board

Directions

- ☐ Line an 8 inch square pan with foil and spray foil with cooking spray or rub with some extra softened butter.Melt butter in large (3 quart) non-stick sauce pan over medium-low heat. When butter is melted, add marshmallows and stir until melted. Stir the melted marshmallow mixer constantly, for about a minute after it is fully melted. Don't let it burn.
- ☐ Remove from heat and stir in vanilla and cereal. Stir until cereal is coated with marshmallow. Using a sheet of parchment paper or greased foil, press mixture evenly and firmly into the prepared pan.
- ☐ Let cool completely at room temperature. When fully set, lift from pan by grasping foil. Set on a cutting board and slice into large squares using a big chef's knife.This will give you 9 very nice sized marshmallow treats. For a double batch, double the ingredients and use a larger pot and a 13×9 inch pan.

Nutrition Facts



Properties

Glycemic Index:12.28, Glycemic Load:10.92, Inflammation Score:-1, Nutrition Score:1.1734782573969%

Nutrients (% of daily need)

Calories: 155.16kcal (7.76%), Fat: 5.18g (7.98%), Saturated Fat: 3.24g (20.28%), Carbohydrates: 27.18g (9.06%), Net Carbohydrates: 27.02g (9.82%), Sugar: 12.81g (14.23%), Cholesterol: 13.38mg (4.46%), Sodium: 58.31mg (2.54%), Alcohol: 0.02g (100%), Alcohol %: 0.06% (100%), Protein: 1.18g (2.36%), Folate: 16.38µg (4.09%), Vitamin A: 155.49IU (3.11%), Vitamin B1: 0.05mg (3.08%), Copper: 0.05mg (2.32%), Selenium: 1.53µg (2.18%), Iron: 0.35mg (1.94%), Vitamin B3: 0.39mg (1.93%), Vitamin B2: 0.03mg (1.76%), Phosphorus: 15.51mg (1.55%), Vitamin E: 0.15mg (1.03%)