



Maple Rice Krispies Treats

READY IN



13 min.

SERVINGS



24

CALORIES



82 kcal

DESSERT

Ingredients

- ☐ 0.3 cup maple syrup pure
- ☐ 4 cups marshmallows mini
- ☐ 6 cups rice krispies
- ☐ 4 tablespoons butter salted

Equipment

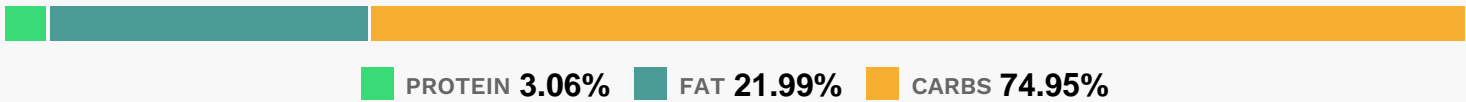
- ☐ frying pan
- ☐ sauce pan
- ☐ baking paper

- ☐ mixing bowl
- ☐ aluminum foil

Directions

- ☐ Line a 9×13 inch pan with nonstick foil or parchment paper. Alternately, you can use regular foil and rub it generously with extra butter. Also have ready an extra sheet of nonstick foil or parchment.
- ☐ Put the cereal in a large mixing bowl and set aside.
Note: The original recipe instructs you to grease the bowl. I forgot to do this and didn't have any problems with sticking. It seems like a good idea, though.
In a large nonstick saucepan, melt the butter and maple syrup together, stirring constantly. Boil gently for two minutes over medium heat, stirring constantly. Reduce heat and boil for another 30 seconds.
- ☐ Add the marshmallows and stir until melted, then pour mixture over the cereal and stir well.
- ☐ Pour into the pan.
- ☐ Lay the extra nonstick foil sheet (or parchment or buttered foil) over the cereal mixture and press down firmly.
- ☐ Let cool completely. Lift from pan and cut into squares or bars.

Nutrition Facts



Properties

Glycemic Index:6.13, Glycemic Load:5.19, Inflammation Score:-5, Nutrition Score:4.8704347636389%

Nutrients (% of daily need)

Calories: 81.97kcal (4.1%), Fat: 2.05g (3.16%), Saturated Fat: 1.24g (7.73%), Carbohydrates: 15.74g (5.25%), Net Carbohydrates: 15.7g (5.71%), Sugar: 8.17g (9.08%), Cholesterol: 5.02mg (1.67%), Sodium: 58.96mg (2.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.64g (1.28%), Vitamin E: 1.92mg (12.77%), Iron: 2.15mg (11.96%), Folate: 42.85µg (10.71%), Vitamin A: 523.95IU (10.48%), Manganese: 0.19mg (9.73%), Vitamin B2: 0.15mg (8.7%), Vitamin B12: 0.51µg (8.5%), Vitamin B1: 0.13mg (8.47%), Vitamin B6: 0.16mg (8.24%), Vitamin B3: 1.27mg (6.36%), Vitamin C: 4.43mg (5.37%), Vitamin D: 0.43µg (2.89%), Selenium: 1.54µg (2.2%), Copper: 0.02mg (1.06%)