



Marshmallow Crispy Treats

READY IN



20 min.

SERVINGS



12

CALORIES



277 kcal

Ingredients

- ☐ 6 cups rice cereal
- ☐ 1 bag marshmallows white mini
- ☐ 10 ounce marshmallows
- ☐ 12 servings rainbow sprinkles
- ☐ 0.3 teaspoon salt
- ☐ 4 tablespoons butter salted plus more for greasing

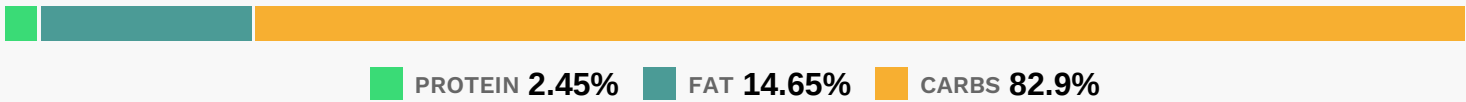
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Watch how to make this recipe.
- ☐ Thoroughly grease a 9- by 13-inch pan with softened butter.
- ☐ In a large pot, melt the butter. Stir in the regular marshmallows until they're totally melted. Stir in the salt.
- ☐ Remove from the heat and set aside.
- ☐ Pour in the cereal, folding gently the whole time until all combined. Then pour in the mini marshmallows and gently fold in. Turn into the buttered pan and press flat. Immediately top with rainbow sprinkles.
- ☐ Let cool completely, and then cut into squares.

Nutrition Facts



Properties

Glycemic Index:14.25, Glycemic Load:23.19, Inflammation Score:-5, Nutrition Score:8.2213043751924%

Nutrients (% of daily need)

Calories: 276.51kcal (13.83%), Fat: 4.65g (7.16%), Saturated Fat: 2.97g (18.58%), Carbohydrates: 59.27g (19.76%), Net Carbohydrates: 58.95g (21.44%), Sugar: 37.37g (41.53%), Cholesterol: 10.03mg (3.34%), Sodium: 225.44mg (9.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.75g (3.51%), Iron: 4.61mg (25.59%), Folate: 100.65µg (25.16%), Manganese: 0.49mg (24.36%), Vitamin B2: 0.22mg (12.83%), Vitamin B12: 0.76µg (12.71%), Vitamin B3: 2.54mg (12.68%), Zinc: 1.9mg (12.66%), Vitamin B6: 0.25mg (12.57%), Vitamin B1: 0.19mg (12.56%), Vitamin A: 366.64IU (7.33%), Calcium: 52.52mg (5.25%), Selenium: 3.5µg (4.99%), Copper: 0.08mg (4.05%), Vitamin C: 3mg (3.63%), Vitamin D: 0.5µg (3.33%), Phosphorus: 24.88mg (2.49%), Vitamin B5: 0.21mg (2.06%), Fiber: 0.32g (1.27%), Magnesium: 5.09mg (1.27%), Vitamin E: 0.16mg (1.04%)