



Marshmallow Treats

READY IN



45 min.

SERVINGS



24

CALORIES



58 kcal

Ingredients

- 0.3 cup butter
- 5 cups rice cereal crisp
- 4 cups marshmallows miniature

Equipment

- frying pan
- sauce pan
- spatula

Directions

- Melt margarine in large sauce pan over low heat.
- Add marshmallows and stir until melted and well-blended. Cook 2 minutes longer, stirring constantly.
- Remove from heat.
- Add cereal. Stir until well coated.
- Using buttered spatula or waxed paper, press mixture evenly and firmly in buttered 13 x 9 inch pan.
- Cut into 2 x 2 inch squares when cool.

Nutrition Facts



PROTEIN 2.94% **FAT 29.41%** **CARBS 67.65%**

Properties

Glycemic Index:4.6, Glycemic Load:4.09, Inflammation Score:-1, Nutrition Score:0.44173912574416%

Nutrients (% of daily need)

Calories: 58.35kcal (2.92%), Fat: 1.97g (3.03%), Saturated Fat: 1.23g (7.7%), Carbohydrates: 10.19g (3.4%), Net Carbohydrates: 10.13g (3.68%), Sugar: 4.8g (5.33%), Cholesterol: 5.08mg (1.69%), Sodium: 22.07mg (0.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.44g (0.89%), Folate: 6.14µg (1.54%), Vitamin A: 59.09IU (1.18%), Vitamin B1: 0.02mg (1.16%)