



Neapolitan RICE KRISPIESÂ® TREATSâ,,ç

 Dairy Free

READY IN



15 min.

SERVINGS



24

CALORIES



119 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 oz baker's chocolate unsweetened
- 4.5 Tbsp butter divided
- 9 cups kelloggâ€™™sâ® rice krispiesâ® cereal divided
- 10 oz marshmallows jet-puffed divided
- 20 strawberry marshmallows jet-puffed

Equipment

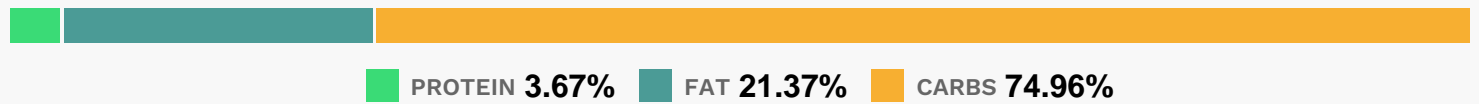
- bowl
- frying pan

microwave

Directions

- Microwave 1-1/2 Tbsp. butter in large microwaveable bowl on HIGH 30 sec. or until melted.
- Add 19 regular marshmallows; toss to coat. Microwave 1 min. or until marshmallows are completely melted and mixture is well blended, stirring after 30 sec.
- Add 3 cups cereal; mix well. Press onto bottom of 9-inch square pan sprayed with cooking spray.
- Repeat with 1-1/2 Tbsp. of the remaining butter and STRAWBERRYMALLOWES, pressing firmly into first layer in pan.
- Microwave remaining butter and chocolate in large microwaveable bowl 30 sec. or until completely melted.
- Add remaining regular marshmallows; toss to coat. Microwave 1 min. or until marshmallows are completely melted and mixture is well blended, stirring after 30 sec.
- Add remaining cereal; mix well. Press firmly into strawberry cereal layer in pan to secure. Cool completely before cutting into bars.

Nutrition Facts



Properties

Glycemic Index:5.04, Glycemic Load:8.67, Inflammation Score:-4, Nutrition Score:6.4739130119915%

Flavonoids

Catechin: 0.76mg, Catechin: 0.76mg, Catechin: 0.76mg, Catechin: 0.76mg Epicatechin: 1.68mg, Epicatechin: 1.68mg, Epicatechin: 1.68mg, Epicatechin: 1.68mg

Nutrients (% of daily need)

Calories: 118.87kcal (5.94%), Fat: 2.96g (4.55%), Saturated Fat: 0.88g (5.51%), Carbohydrates: 23.34g (7.78%), Net Carbohydrates: 22.92g (8.34%), Sugar: 10.98g (12.21%), Cholesterol: 0mg (0%), Sodium: 121.07mg (5.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.14g (2.28%), Manganese: 0.41mg (20.66%), Iron: 3.62mg (20.1%), Folate: 75.56µg (18.89%), Zinc: 1.53mg (10.19%), Vitamin B2: 0.16mg (9.67%), Vitamin B1: 0.14mg (9.53%), Vitamin B3: 1.9mg (9.52%), Vitamin B12: 0.57µg (9.48%), Vitamin B6: 0.19mg (9.42%), Vitamin A: 281.41IU (5.63%), Copper: 0.08mg (4.08%), Calcium: 39.97mg (4%), Selenium: 2.38µg (3.4%), Vitamin C: 2.25mg (2.73%), Vitamin D: 0.37µg (2.5%), Phosphorus: 21.73mg (2.17%), Magnesium: 7.33mg (1.83%), Fiber: 0.42g (1.66%), Vitamin B5: 0.15mg (1.54%)