



Neapolitan RICE KRISPIESÂ® TREATSâ,,ç

 Dairy Free

READY IN



15 min.

SERVINGS



15

CALORIES



190 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

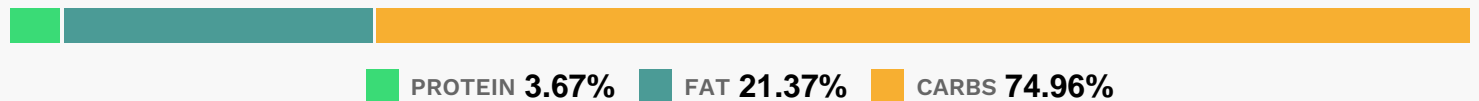
- bowl
- frying pan

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:8.07, Glycemic Load:13.87, Inflammation Score:-6, Nutrition Score:10.35739119027%

Flavonoids

Catechin: 1.22mg, Catechin: 1.22mg, Catechin: 1.22mg, Catechin: 1.22mg Epicatechin: 2.68mg, Epicatechin: 2.68mg, Epicatechin: 2.68mg, Epicatechin: 2.68mg

Nutrients (% of daily need)

Calories: 190.2kcal (9.51%), Fat: 4.73g (7.28%), Saturated Fat: 1.41g (8.81%), Carbohydrates: 37.34g (12.45%), Net Carbohydrates: 36.68g (13.34%), Sugar: 17.58g (19.53%), Cholesterol: 0mg (0%), Sodium: 193.7mg (8.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.83g (3.65%), Manganese: 0.66mg (33.05%), Iron: 5.79mg (32.16%), Folate: 120.9µg (30.22%), Zinc: 2.45mg (16.3%), Vitamin B2: 0.26mg (15.47%), Vitamin B1: 0.23mg (15.24%), Vitamin B3: 3.05mg (15.23%), Vitamin B12: 0.91µg (15.16%), Vitamin B6: 0.3mg (15.07%), Vitamin A: 450.26IU (9.01%), Copper: 0.13mg (6.53%), Calcium: 63.96mg (6.4%), Selenium: 3.81µg (5.44%), Vitamin C: 3.6mg (4.37%), Vitamin D: 0.6µg (4%), Phosphorus: 34.76mg (3.48%), Magnesium: 11.73mg (2.93%), Fiber: 0.67g (2.66%), Vitamin B5: 0.25mg

(2.46%), Potassium: 49.32mg (1.41%), Vitamin E: 0.19mg (1.3%)