



No-bake: White Chocolate Cashew Krispies

 Vegetarian

READY IN



30 min.

SERVINGS



8

CALORIES



320 kcal

SIDE DISH

Ingredients

- ☐ 2 cup apple sauce
- ☐ 1.5 cups rice cereal crispy organic
- ☐ 1 cup peanut butter
- ☐ 0.1 teaspoon salt
- ☐ 1 cup chocolate white divided (use)

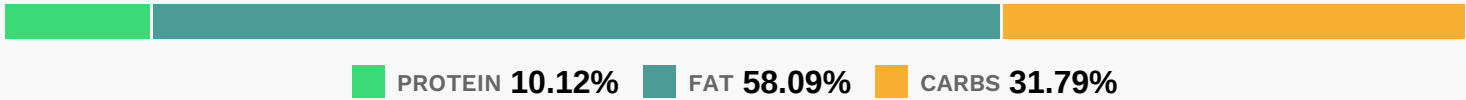
Equipment

- ☐ microwave
- ☐ muffin liners

Directions

- ☐ Set aside 8 cupcake liners. Melt 1/4 cup of chocolate with 1/2 tablespoon of the applesauce and 1/2 cup of the nut butter.
- ☐ Mix in 1 cup of the cereal into the mixture. Divide amongst liners and chill for fifteen minutes.
- ☐ Melt 1/2 cup of applesauce and nut butter together.
- ☐ Pour half of the mixture over half-filled liners, then sprinkle with remaining puffed rice cereal.
- ☐ Melt 1/4 cup of chocolate in microwave, stir in remaining nut butter mixture, spread on top of liners. Chill overnight and keep treats refrigerated to retain their shape.

Nutrition Facts



Properties

Glycemic Index:10.5, Glycemic Load:7.6, Inflammation Score:-3, Nutrition Score:8.0208695090335%

Flavonoids

Catechin: 0.42mg, Catechin: 0.42mg, Catechin: 0.42mg, Catechin: 0.42mg Epicatechin: 3.3mg, Epicatechin: 3.3mg, Epicatechin: 3.3mg, Epicatechin: 3.3mg Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg

Nutrients (% of daily need)

Calories: 320.49kcal (16.02%), Fat: 21.87g (33.64%), Saturated Fat: 6.47g (40.47%), Carbohydrates: 26.93g (8.98%), Net Carbohydrates: 24.62g (8.95%), Sugar: 18.85g (20.94%), Cholesterol: 3.46mg (1.15%), Sodium: 190.93mg (8.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.57g (17.15%), Manganese: 0.49mg (24.47%), Vitamin B3: 4.59mg (22.93%), Vitamin E: 3.2mg (21.32%), Magnesium: 59.36mg (14.84%), Phosphorus: 145.55mg (14.55%), Fiber: 2.3g (9.2%), Folate: 36.11µg (9.03%), Copper: 0.17mg (8.51%), Vitamin B6: 0.17mg (8.44%), Vitamin B2: 0.14mg (7.98%), Potassium: 278.29mg (7.95%), Zinc: 1mg (6.65%), Vitamin B1: 0.09mg (5.75%), Calcium: 51.42mg (5.14%), Vitamin B5: 0.47mg (4.67%), Iron: 0.84mg (4.66%), Selenium: 2.62µg (3.74%), Vitamin K: 1.91µg (1.82%), Vitamin B12: 0.09µg (1.54%)