



## Orange Dreamsicle Crispy Treats

READY IN



45 min.

SERVINGS



32

CALORIES



185 kcal

DESSERT

### Ingredients

- ☐ 0.3 cup butter
- ☐ 6 tablespoons butter softened
- ☐ 6 cups rice cereal crisp
- ☐ 32 servings peach food coloring gel
- ☐ 10 oz marshmallows miniature
- ☐ 0.3 teaspoon orange extract
- ☐ 6 Tbsp orange juice
- ☐ 3 cups powdered sugar
- ☐ 0.3 teaspoon vanilla extract

- ☐ 1.5 teaspoons vanilla extract
- ☐ 0.5 cup orange cake mix such as Duncan Hines Orange Supreme
- ☐ 12 oz chocolate morsels white

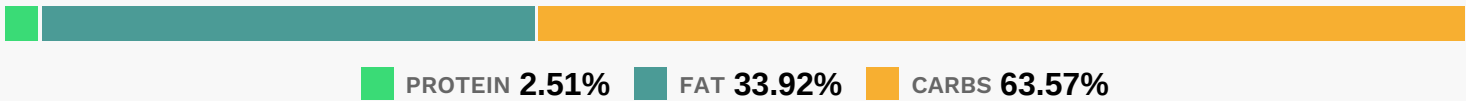
## Equipment

- ☐ frying pan
- ☐ dutch oven

## Directions

- ☐ Melt 1/4 cup butter in a large Dutch oven over medium-low heat.
- ☐ Add marshmallows, stirring until melted.
- ☐ Remove from heat. Stir in 1 1/2 tsp. vanilla extract.
- ☐ Add orange cake mix, blending well. Stir in cereal and white chocolate morsels until well coated.
- ☐ Spread mixture into a lightly greased 13- x 9-inch pan. Cool completely (about 30 minutes). Meanwhile, stir together powdered sugar, 6 Tbsp. softened butter, orange juice, 1/4 tsp. vanilla extract, orange extract, and desired amount of peach food coloring gel.
- ☐ Spread over cereal mixture.
- ☐ Let stand 1 hour before cutting.

## Nutrition Facts



## Properties

Glycemic Index:8.83, Glycemic Load:8.91, Inflammation Score:-1, Nutrition Score:1.4104347812093%

## Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 184.79kcal (9.24%), Fat: 7.12g (10.95%), Saturated Fat: 4.39g (27.41%), Carbohydrates: 30.03g (10.01%), Net Carbohydrates: 29.92g (10.88%), Sugar: 23.64g (26.27%), Cholesterol: 11.69mg (3.9%), Sodium: 61.31mg (2.67%), Alcohol: 0.08g (100%), Alcohol %: 0.21% (100%), Protein: 1.18g (2.37%), Phosphorus: 32.9mg (3.29%), Vitamin B2: 0.05mg (2.89%), Calcium: 28.31mg (2.83%), Vitamin A: 119.48IU (2.39%), Folate: 8.92µg (2.23%), Vitamin B1: 0.03mg (2.02%), Vitamin C: 1.65mg (2%), Selenium: 1.31µg (1.87%), Vitamin E: 0.23mg (1.53%), Vitamin B3: 0.28mg (1.4%), Copper: 0.03mg (1.38%), Vitamin K: 1.34µg (1.28%), Potassium: 44.31mg (1.27%), Iron: 0.2mg (1.14%), Vitamin B12: 0.07µg (1.12%)