



## OREO RICE KRISPIES® TREATS Pops

READY IN



40 min.

SERVINGS



18

CALORIES



223 kcal

### Ingredients

- 3 Tbsp butter
- 0.3 cup multi-colored sprinkles
- 5 cups Kellogg's® rice krispies® cereal
- 10 oz marshmallows jet-puffed
- 2 cups Oreo cookies coarsely chopped
- 4 oz baker's semi-sweet chocolate melted

### Equipment

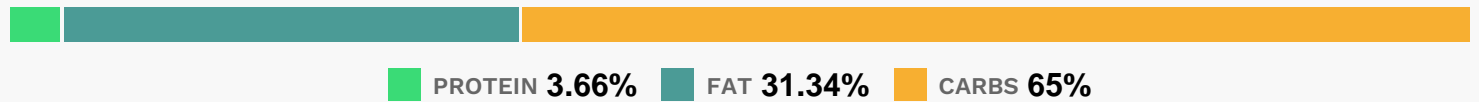
- bowl
- frying pan

- microwave
- lollipop sticks

## Directions

- Microwave butter in large microwaveable bowl on HIGH 45 sec. or until melted.
- Add marshmallows; toss to coat. Microwave 1-1/2 min. or until marshmallows are completely melted and mixture is well blended, stirring after 45 sec.
- Add cereal and chopped cookies; mix well. Press onto bottom of 9-inch square pan sprayed with cooking spray. Cool completely.
- Cut into 18 bars. Insert lollipop stick into one short end of each. Dip ends in chocolate; top with sprinkles. Refrigerate 10 min. or until chocolate is firm.

## Nutrition Facts



## Properties

Glycemic Index:3.36, Glycemic Load:7.74, Inflammation Score:-4, Nutrition Score:7.5847825693048%

## Nutrients (% of daily need)

Calories: 223.35kcal (11.17%), Fat: 7.98g (12.27%), Saturated Fat: 2.93g (18.34%), Carbohydrates: 37.22g (12.41%), Net Carbohydrates: 36.04g (13.1%), Sugar: 21.24g (23.6%), Cholesterol: 0.38mg (0.13%), Sodium: 164.89mg (7.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 6.31mg (2.1%), Protein: 2.1g (4.19%), Iron: 5.08mg (28.24%), Manganese: 0.47mg (23.69%), Folate: 66.6µg (16.65%), Vitamin B2: 0.17mg (9.79%), Vitamin B3: 1.92mg (9.58%), Vitamin B1: 0.14mg (9.45%), Zinc: 1.35mg (8.98%), Copper: 0.17mg (8.64%), Vitamin B6: 0.15mg (7.28%), Vitamin B12: 0.43µg (7.22%), Magnesium: 22.08mg (5.52%), Vitamin K: 5.4µg (5.14%), Fiber: 1.19g (4.74%), Phosphorus: 45.81mg (4.58%), Selenium: 3.19µg (4.56%), Vitamin A: 225.87IU (4.52%), Vitamin E: 0.57mg (3.83%), Calcium: 36.56mg (3.66%), Potassium: 93.19mg (2.66%), Vitamin C: 1.67mg (2.02%), Vitamin D: 0.28µg (1.85%), Vitamin B5: 0.19mg (1.85%)