



## PB & J RICE KRISPIES<sup>®</sup> TREATS<sup>™</sup>,ç

 Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



259 kcal

SIDE DISH

### Ingredients

- 0.5 cup creamy peanut butter
- 6 cups kellogg<sup>™</sup> rice krispies<sup>®</sup> cereal
- 10 oz marshmallows jet-puffed
- 0.3 cup strawberry jam

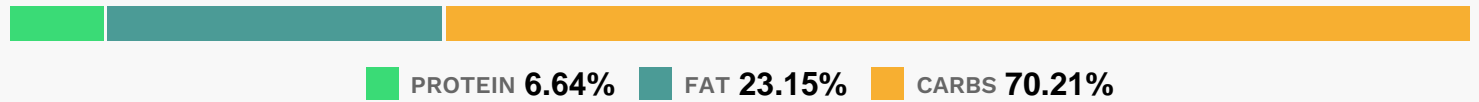
### Equipment

- bowl
- frying pan
- microwave

## Directions

- Microwave peanut butter in large microwaveable bowl on HIGH 1 min. 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; mix well.
- Press half the cereal mixture onto bottom of 8-inch square pan; spread with jam. Cover with remaining cereal mixture, pressing firmly into pan to secure.
- Cool completely before cutting into squares.

## Nutrition Facts



## Properties

Glycemic Index:12.95, Glycemic Load:18.47, Inflammation Score:-6, Nutrition Score:12.221304310405%

## Nutrients (% of daily need)

Calories: 259.42kcal (12.97%), Fat: 6.96g (10.71%), Saturated Fat: 1.4g (8.76%), Carbohydrates: 47.52g (15.84%), Net Carbohydrates: 46.42g (16.88%), Sugar: 24.48g (27.2%), Cholesterol: 0mg (0%), Sodium: 212.71mg (9.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.49g (8.98%), Manganese: 0.78mg (38.79%), Folate: 132.67µg (33.17%), Iron: 5.74mg (31.88%), Vitamin B3: 4.74mg (23.69%), Vitamin B6: 0.36mg (18%), Zinc: 2.6mg (17.32%), Vitamin B2: 0.29mg (17.22%), Vitamin B1: 0.25mg (16.34%), Vitamin B12: 0.91µg (15.09%), Vitamin E: 1.25mg (8.3%), Phosphorus: 72.13mg (7.21%), Calcium: 69.38mg (6.94%), Magnesium: 27.68mg (6.92%), Copper: 0.14mg (6.76%), Selenium: 4.41µg (6.3%), Vitamin A: 300.02IU (6%), Vitamin C: 4.59mg (5.57%), Fiber: 1.1g (4.38%), Vitamin D: 0.6µg (4%), Vitamin B5: 0.38mg (3.78%), Potassium: 113.36mg (3.24%)