



Peanut Butter Crispy Rice Treats



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



15

CALORIES



421 kcal

DESSERT

Ingredients

- ☐ 6 cups brown rice cereal crispy
- ☐ 0.7 cup cherries dried chopped
- ☐ 0.8 cup honey
- ☐ 0.8 cup chunky natural-style

Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Combine peanut butter and honey in a large pot; cook over medium-low heat until peanut butter and honey are melted (about 2-3 minutes).
- ☐ Add crispy brown rice cereal and chopped dried cherries to the mixture; stir until sticky. Press into a 9- x 13-inch pan coated with cooking spray. Chill in refrigerator 40 minutes.
- ☐ Cut into 15 (2 1/2 - x 3-inch) squares; serve.

Nutrition Facts



Properties

Glycemic Index:8.33, Glycemic Load:40.09, Inflammation Score:-6, Nutrition Score:14.153913024327%

Nutrients (% of daily need)

Calories: 420.79kcal (21.04%), Fat: 8.63g (13.27%), Saturated Fat: 1.71g (10.69%), Carbohydrates: 78.66g (26.22%), Net Carbohydrates: 74.92g (27.24%), Sugar: 18.06g (20.07%), Cholesterol: 0mg (0%), Sodium: 59.92mg (2.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.03g (18.07%), Manganese: 3.05mg (152.37%), Magnesium: 130.82mg (32.7%), Vitamin B3: 5.01mg (25.05%), Phosphorus: 245.05mg (24.5%), Vitamin B6: 0.45mg (22.41%), Vitamin B1: 0.33mg (22.11%), Fiber: 3.74g (14.98%), Copper: 0.27mg (13.54%), Vitamin B5: 1.28mg (12.83%), Zinc: 1.9mg (12.67%), Iron: 1.75mg (9.72%), Potassium: 285.25mg (8.15%), Vitamin E: 1.18mg (7.83%), Folate: 26.63µg (6.66%), Vitamin A: 191.25IU (3.82%), Vitamin B2: 0.06mg (3.75%), Calcium: 37.27mg (3.73%)