



Peanut Butter RICE KRISPIES TREATSÂ

READY IN



30 min.

SERVINGS



30

CALORIES



122 kcal

DESSERT

Ingredients

- 2 oz baker's chocolate white melted
- 0.3 cup butter
- 0.5 cup candy-coated chocolate pieces
- 0.5 cup creamy peanut butter
- 6 cups kelloggâ€™sâ€™ rice krispiesâ€™ cereal
- 6.7 cups marshmallows jet-puffed miniature (10-)

Equipment

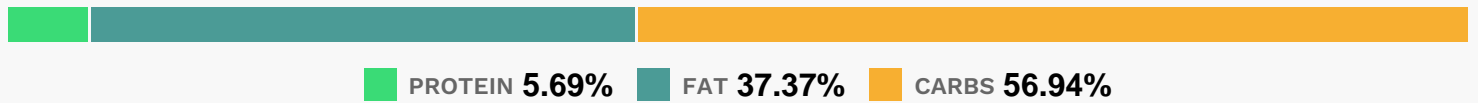
- bowl

- frying pan
- cookie cutter
- microwave

Directions

- Microwave first 3 ingredients in large microwaveable bowl on HIGH 1-1/2 min. or until marshmallows are completely melted and mixture is well blended, stirring after 45 sec.
- Add cereal; mix well.
- Press onto bottom of 13x9-inch pan sprayed with cooking spray.
- Drizzle with melted chocolate.
- Decorate with chocolate pieces, pressing gently into cereal mixture to secure. Cool completely.
- Cut into desired shapes with cookie cutters.

Nutrition Facts



Properties

Glycemic Index:6.48, Glycemic Load:6.34, Inflammation Score:-3, Nutrition Score:4.2347826115463%

Nutrients (% of daily need)

Calories: 122.41kcal (6.12%), Fat: 5.27g (8.11%), Saturated Fat: 2.31g (14.42%), Carbohydrates: 18.08g (6.03%), Net Carbohydrates: 17.66g (6.42%), Sugar: 10.57g (11.74%), Cholesterol: 4.98mg (1.66%), Sodium: 87.24mg (3.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.81g (3.61%), Manganese: 0.26mg (12.87%), Folate: 44.01µg (11%), Iron: 1.95mg (10.81%), Vitamin B3: 1.59mg (7.97%), Vitamin B6: 0.12mg (6.02%), Vitamin B2: 0.1mg (5.92%), Zinc: 0.88mg (5.87%), Vitamin B1: 0.08mg (5.49%), Vitamin B12: 0.32µg (5.26%), Vitamin E: 0.47mg (3.15%), Vitamin A: 155.61IU (3.11%), Calcium: 30.66mg (3.07%), Phosphorus: 27.24mg (2.72%), Magnesium: 9.37mg (2.34%), Copper: 0.04mg (2.2%), Selenium: 1.53µg (2.18%), Fiber: 0.42g (1.69%), Vitamin C: 1.23mg (1.49%), Vitamin B5: 0.14mg (1.39%), Vitamin D: 0.2µg (1.33%), Potassium: 40.82mg (1.17%)