



Peppermint Rice Crispies Squares

READY IN



11 min.

SERVINGS



15

CALORIES



133 kcal

DESSERT

Ingredients

- ☐ 0.3 cup butter
- ☐ 5.5 cups rice cereal crispy rice krispies® (such as)
- ☐ 24 large marshmallows
- ☐ 0.5 cup peppermint candies crushed
- ☐ 1 teaspoon vanilla extract

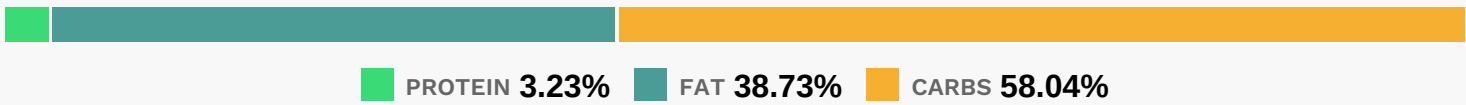
Equipment

- ☐ bowl
- ☐ microwave

Directions

- ☐ Combine marshmallows, butter, and vanilla extract in a large microwave–safe bowl; cook in microwave until melted, about 50 seconds; stir.
- ☐ Mix 1/2 cup peppermint candies into marshmallow mixture; add rice cereal and stir until evenly combined.
- ☐ Press mixture into a 9x13–inch dish.
- ☐ Sprinkle 1 tablespoon peppermint candies over the top.

Nutrition Facts



Properties

Glycemic Index:7.37, Glycemic Load:5.5, Inflammation Score:-1, Nutrition Score:0.7991304365999%

Nutrients (% of daily need)

Calories: 132.55kcal (6.63%), Fat: 5.88g (9.04%), Saturated Fat: 4.31g (26.94%), Carbohydrates: 19.82g (6.61%), Net Carbohydrates: 19.72g (7.17%), Sugar: 10.97g (12.18%), Cholesterol: 8.13mg (2.71%), Sodium: 38.54mg (1.68%), Alcohol: 0.09g (100%), Alcohol %: 0.39% (100%), Protein: 1.1g (2.21%), Folate: 10.77µg (2.69%), Vitamin B1: 0.03mg (2.03%), Vitamin A: 94.55IU (1.89%), Calcium: 13.72mg (1.37%), Copper: 0.03mg (1.37%), Selenium: 0.95µg (1.35%), Vitamin B3: 0.25mg (1.26%), Iron: 0.22mg (1.24%), Vitamin B2: 0.02mg (1.16%)