



Pumpkin Crispies

READY IN



15 min.

SERVINGS



12

CALORIES



102 kcal

SIDE DISH

Ingredients

- 2 Tbsp butter
- 5 cups rice cereal crisp
- 15 pumpkinmallows marshmallows jet-puffed
- 3 oz jell-o orange flavor gelatin

Equipment

- stove

Directions

- MELT butter over low heat on stovetop.
- Add marshmallows and stir frequently until melted and smooth.
- Remove from heat. Stir in JELL-O powder; mix well.
- Add crispy rice cereal and mix until ingredients are evenly dispersed.
- WITH buttered hands, take small amounts of the cereal mix and form into balls.
- Place on waxed paper to cool.
- TO turn pumpkin treats into Jack-O-Lanterns, use little candy pieces or decorating gel, melted chocolate, licorice strings, gumdrops, etc.

Nutrition Facts



PROTEIN 4.88% **FAT 17.27%** **CARBS 77.85%**

Properties

Glycemic Index:9.21, Glycemic Load:4.3, Inflammation Score:-1, Nutrition Score:0.85826085621248%

Nutrients (% of daily need)

Calories: 101.59kcal (5.08%), Fat: 2.01g (3.09%), Saturated Fat: 1.25g (7.79%), Carbohydrates: 20.36g (6.79%), Net Carbohydrates: 20.24g (7.36%), Sugar: 11.14g (12.38%), Cholesterol: 5.09mg (1.7%), Sodium: 55.63mg (2.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.28g (2.55%), Folate: 12.35µg (3.09%), Vitamin B1: 0.03mg (2.31%), Selenium: 1.46µg (2.09%), Phosphorus: 20.44mg (2.04%), Copper: 0.04mg (1.77%), Vitamin B2: 0.02mg (1.44%), Vitamin B3: 0.28mg (1.41%), Iron: 0.25mg (1.4%), Vitamin A: 59.14IU (1.18%)