



## Rocky Road Rice Krispie Treats

READY IN



45 min.

SERVINGS



24

CALORIES



123 kcal

### Ingredients

- 0.5 teaspoon almond extract
- 1 cups almonds toasted chopped
- 0.3 cup bittersweet chocolate melted
- 5 tablespoons butter
- 24 servings kosher salt
- 5 cups rice krispies
- 10 ounces vanilla
- 0.5 teaspoon vanilla extract

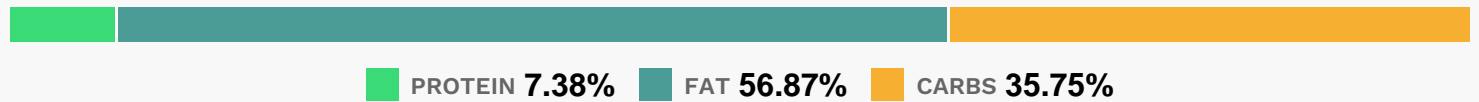
### Equipment

pot

## Directions

- In a large soup pot, melt butter and marshmallows, stirring to combine.
- Add extracts and stir.
- Add cereal and 1 cup of almonds and mix well.
- Spread into a 913 dish sprayed with baking spray. Flatten until smooth and even on top.
- Drizzle melted chocolate on top and sprinkle over last 1/3 cup of almonds.
- Sprinkle salt on top (about 1/2 teaspoon). Allow to cool completely before cutting into squares. (Putting them in the fridge for an hour or so once theyve reached room temp is the easiest way to cut into them.)

## Nutrition Facts



## Properties

Glycemic Index:2.5, Glycemic Load:0.06, Inflammation Score:-5, Nutrition Score:6.0217391304348%

## Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Taste

Sweetness: 85.8%, Saltiness: 34.77%, Sourness: 0%, Bitterness: 0%, Savoriness: 0%, Fattiness: 100%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 122.69kcal (6.13%), Fat: 6.16g (9.48%), Saturated Fat: 2.16g (13.47%), Carbohydrates: 8.72g (2.91%), Net Carbohydrates: 7.8g (2.84%), Sugar: 3.02g (3.36%), Cholesterol: 6.38mg (2.13%), Sodium: 244.61mg (10.64%), Alcohol: 4.12g (22.89%), Protein: 1.8g (3.6%), Vitamin E: 3.16mg (21.04%), Manganese: 0.26mg (13.21%), Iron: 2.13mg (11.81%), Folate: 38.29µg (9.57%), Vitamin A: 461.89IU (9.24%), Vitamin B2: 0.16mg (9.2%), Vitamin B1: 0.12mg

(7.83%), Vitamin B6: 0.15mg (7.45%), Vitamin B12: 0.43µg (7.17%), Vitamin B3: 1.33mg (6.67%), Magnesium: 22.37mg (5.59%), Copper: 0.1mg (5.19%), Vitamin C: 3.69mg (4.48%), Phosphorus: 42.11mg (4.21%), Fiber: 0.91g (3.66%), Vitamin D: 0.36µg (2.41%), Potassium: 79.77mg (2.28%), Selenium: 1.57µg (2.24%), Zinc: 0.33mg (2.21%), Calcium: 19.59mg (1.96%)