



Salted-Nut-Roll RICE KRISPIES® TREATS,,ç

 Dairy Free

READY IN



10 min.

SERVINGS



12

CALORIES



255 kcal

SIDE DISH

Ingredients

- 3 Tbsp butter
- 6 cups kelloggâ€™sâ€™ rice krispiesâ€™ cereal
- 10 oz marshmallows jet-puffed
- 1.5 cups planters cocktail peanuts

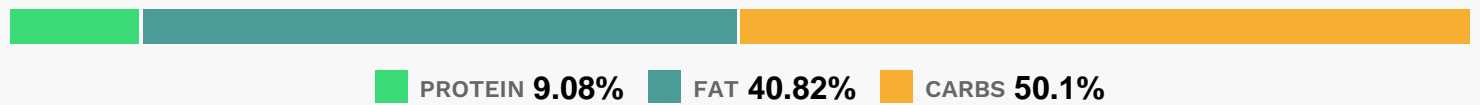
Equipment

- bowl
- frying pan
- microwave

Directions

- Microwave butter in large microwaveable bowl on HIGH 45 sec. or until melted.
- Add marshmallows; toss to coat. Microwave 1-1/2 min. or until marshmallows are completely melted and mixture is well blended, stirring after 45 sec.
- Add cereal and nuts; mix well.
- Press onto bottom of 13x9-inch pan sprayed with cooking spray. Cool completely before cutting into squares.

Nutrition Facts



Properties

Glycemic Index:6.23, Glycemic Load:11.77, Inflammation Score:-6, Nutrition Score:12.889565099841%

Nutrients (% of daily need)

Calories: 254.94kcal (12.75%), Fat: 12.17g (18.73%), Saturated Fat: 2.06g (12.87%), Carbohydrates: 33.61g (11.2%), Net Carbohydrates: 31.59g (11.49%), Sugar: 14.69g (16.32%), Cholesterol: 0mg (0%), Sodium: 165.13mg (7.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.09g (12.19%), Manganese: 0.97mg (48.35%), Folate: 144.11µg (36.03%), Iron: 5.26mg (29.24%), Vitamin B3: 5.42mg (27.12%), Vitamin B1: 0.31mg (20.76%), Vitamin B6: 0.31mg (15.71%), Zinc: 2.27mg (15.15%), Vitamin B2: 0.24mg (14.25%), Vitamin B12: 0.76µg (12.64%), Copper: 0.22mg (11.11%), Magnesium: 38.94mg (9.73%), Phosphorus: 93.49mg (9.35%), Fiber: 2.03g (8.11%), Vitamin A: 375.21IU (7.5%), Calcium: 71.05mg (7.11%), Selenium: 4.36µg (6.23%), Vitamin B5: 0.53mg (5.25%), Potassium: 163.81mg (4.68%), Vitamin C: 3mg (3.64%), Vitamin D: 0.5µg (3.33%), Vitamin E: 0.16mg (1.04%)