



## S'Mores RICE KRISPIES TREATSÂ

READY IN



15 min.

SERVINGS



15

CALORIES



231 kcal

DESSERT

### Ingredients

- 3 Tbsp butter
- 6 cups kelloggâ€™sâ€™ rice krispiesâ€™ cereal
- 4.6 oz hershey'sâ€™ milk chocolate bars coarsely chopped
- 1 cup honey graham snacks mini bear-shaped
- 2 1/ honey maid honey grahams
- 10 oz marshmallows jet-puffed

### Equipment

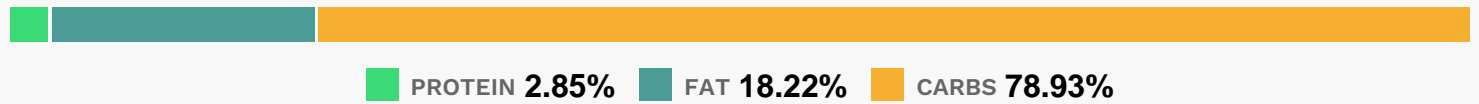
- bowl

- frying pan
- microwave

## Directions

- Arrange graham crackers on bottom of 13x9-inch pan sprayed with cooking spray.
- 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, graham snacks and chopped chocolate; mix well. Press firmly over graham crackers in pan. Cool completely before cutting to serve.

## Nutrition Facts



## Properties

Glycemic Index:11, Glycemic Load:19.05, Inflammation Score:-4, Nutrition Score:6.7900000049368%

## Nutrients (% of daily need)

Calories: 231.24kcal (11.56%), Fat: 4.97g (7.65%), Saturated Fat: 1.98g (12.39%), Carbohydrates: 48.48g (16.16%), Net Carbohydrates: 47.99g (17.45%), Sugar: 35.17g (39.08%), Cholesterol: 2.11mg (0.7%), Sodium: 137.01mg (5.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.75g (3.5%), Iron: 3.81mg (21.19%), Manganese: 0.41mg (20.32%), Folate: 80.7µg (20.17%), Vitamin B2: 0.18mg (10.74%), Zinc: 1.56mg (10.39%), Vitamin B6: 0.21mg (10.3%), Vitamin B3: 2.04mg (10.2%), Vitamin B12: 0.61µg (10.11%), Vitamin B1: 0.15mg (10.04%), Vitamin A: 300.17IU (6%), Calcium: 59.43mg (5.94%), Selenium: 2.62µg (3.74%), Vitamin C: 2.52mg (3.05%), Copper: 0.05mg (2.73%), Vitamin D: 0.4µg (2.66%), Fiber: 0.49g (1.97%), Phosphorus: 19.05mg (1.9%), Vitamin B5: 0.18mg (1.77%), Magnesium: 4.16mg (1.04%)