



Sparklin' Marshmallow RICE KRISPIES TREATS

 Dairy Free

READY IN



15 min.

SERVINGS



15

CALORIES



132 kcal

Ingredients

- 0.3 cup butter
- 6 cups Kellogg's® rice krispies® cereal
- 10 oz marshmallows jet-puffed miniature
- 18 wooden pop sticks
- 0.7 oz each: white blue red
- 2 Tbsp each: white blue red
- 0.7 oz each: white blue red
- 2 Tbsp each: white blue red

Equipment

- bowl
- frying pan
- aluminum foil
- cookie cutter
- microwave

Directions

- Line 13x9-inch pan with foil, with ends of foil extending over sides of pan; lightly grease foil.
- 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; mix well.
- Press cereal mixture onto bottom of prepared pan. Cool completely.
- Use foil handles to remove cereal mixture from pan; cut into star shapes with large star-shaped cookie cutter. Insert wooden pop stick into side of each star. Decorate with gels and sprinkles.

Nutrition Facts



Properties

Glycemic Index:8.46, Glycemic Load:9.79, Inflammation Score:-5, Nutrition Score:6.663478286046%

Nutrients (% of daily need)

Calories: 132.45kcal (6.62%), Fat: 3.34g (5.14%), Saturated Fat: 0.7g (4.4%), Carbohydrates: 25.53g (8.51%), Net Carbohydrates: 25.12g (9.13%), Sugar: 11.76g (13.07%), Cholesterol: 0mg (0%), Sodium: 138.26mg (6.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.22g (2.44%), Iron: 3.68mg (20.43%), Folate: 80.63µg (20.16%), Manganese: 0.4mg (20.08%), Vitamin B2: 0.18mg (10.32%), Zinc: 1.55mg (10.3%), Vitamin B3: 2.04mg (10.21%), Vitamin B1: 0.15mg (10.13%), Vitamin B6: 0.2mg (10.13%), Vitamin B12: 0.61µg (10.13%), Vitamin A: 337.7IU (6.75%), Calcium: 41.75mg (4.17%), Selenium: 2.44µg (3.48%), Vitamin C: 2.41mg (2.92%), Vitamin D: 0.4µg (2.66%), Copper:

0.05mg (2.48%), Phosphorus: 22.66mg (2.27%), Vitamin B5: 0.17mg (1.69%), Fiber: 0.41g (1.64%), Magnesium:
5.46mg (1.36%), Vitamin E: 0.16mg (1.06%)