



Tangled Web Rice Pops

READY IN



45 min.

SERVINGS



10

CALORIES



217 kcal

DESSERT

Ingredients

- 3 tablespoon butter
- 6 cups rice cereal crispy
- 10 oz marshmallows
- 10 servings optional: semi-sweet chocolate chips mini
- 0.5 cup chocolate chips white melted

Equipment

- sauce pan
- baking pan

wax paper

Directions

Melt butter in a large saucepan over low heat.

Add marshmallows; cook and stir until melted.

Remove from heat; stir in cereal until well coated. Press evenly into a lightly greased 13"x9" baking pan. Cool slightly; cut into 12 bars. Insert a stick in each; set on wax paper to cool. Dip in melted chocolate to coat; let cool. Dip in melted chocolate to coat; let cool slightly and drizzle with melted white chocolate. Immediately sprinkle with mini chips, if desired. Makes one dozen.

Nutrition Facts



PROTEIN 3.43% **FAT 27.45%** **CARBS 69.12%**

Properties

Glycemic Index:18.05, Glycemic Load:17.65, Inflammation Score:-1, Nutrition Score:1.839130445181%

Nutrients (% of daily need)

Calories: 217.46kcal (10.87%), Fat: 6.84g (10.52%), Saturated Fat: 4.18g (26.11%), Carbohydrates: 38.74g (12.91%), Net Carbohydrates: 38.45g (13.98%), Sugar: 22.01g (24.45%), Cholesterol: 10.98mg (3.66%), Sodium: 58.45mg (2.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.92g (3.84%), Folate: 18.29µg (4.57%), Vitamin B1: 0.06mg (3.73%), Copper: 0.07mg (3.61%), Phosphorus: 34.93mg (3.49%), Vitamin B2: 0.06mg (3.37%), Selenium: 2.19µg (3.13%), Iron: 0.47mg (2.62%), Vitamin B3: 0.49mg (2.47%), Vitamin A: 108.16IU (2.16%), Calcium: 21.4mg (2.14%), Magnesium: 6.85mg (1.71%), Zinc: 0.23mg (1.54%), Potassium: 46.83mg (1.34%), Vitamin E: 0.2mg (1.34%), Vitamin K: 1.2µg (1.14%), Fiber: 0.28g (1.13%)