



The Original Treats™

 Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



83 kcal

Ingredients

- 6 cups kellogg's® cereal rice krispies®
- 3 tablespoons butter
- 10 ounce regular marshmallows

Equipment

- frying pan
- sauce pan
- wax paper
- spatula

Directions

- In large saucepan melt margarine over low heat.
- Add marshmallows and stir until completely melted.
- Remove from heat.
- Add KELLOGG'S RICE KRISPIES cereal. Stir until well coated.
- Using buttered spatula or wax paper, press mixture evenly into 13 x 9 x 2-inch pan coated with cooking spray. Cool.
- Cut into 2-inch squares. Best if served the same day.

Nutrition Facts



Properties

Glycemic Index:5.53, Glycemic Load:10.3, Inflammation Score:-5, Nutrition Score:5.9569563710171%

Nutrients (% of daily need)

Calories: 82.95kcal (4.15%), Fat: 1.64g (2.53%), Saturated Fat: 0.34g (2.12%), Carbohydrates: 17.67g (5.89%), Net Carbohydrates: 15.83g (5.76%), Sugar: 8.66g (9.63%), Cholesterol: 0mg (0%), Sodium: 79.95mg (3.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.22g (2.44%), Manganese: 0.36mg (17.89%), Folate: 66.84µg (16.71%), Iron: 2.83mg (15.71%), Vitamin B1: 0.13mg (8.69%), Vitamin B6: 0.17mg (8.53%), Vitamin B3: 1.68mg (8.4%), Vitamin B12: 0.5µg (8.36%), Vitamin B2: 0.14mg (8.28%), Selenium: 5.45µg (7.79%), Fiber: 1.84g (7.37%), Vitamin A: 312.6IU (6.25%), Magnesium: 23.19mg (5.8%), Phosphorus: 46.25mg (4.62%), Zinc: 0.5mg (3.36%), Copper: 0.06mg (3.07%), Vitamin D: 0.33µg (2.2%), Potassium: 54.63mg (1.56%)