



Tree Trimmer Treats™

 Dairy Free

READY IN



40 min.

SERVINGS



12

CALORIES



242 kcal

DESSERT

Ingredients

- 3 tablespoons butter
- 6 cups kellogg's® cereal rice krispies®
- 12 servings m&m's® brand chocolate candies
- 10 ounce marshmallows jet-puffed
- 6 inch string licorice black red

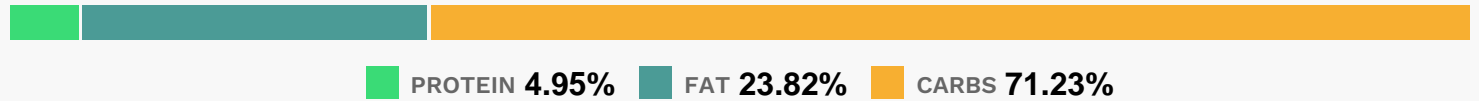
Equipment

- sauce pan
- measuring cup

Directions

- Fold each licorice piece in half and push ends through centers of 12 miniature marshmallows. Set aside.
- In large saucepan melt butter over low heat.
- Add 10 ounces marshmallows and stir until completely melted.
- Remove from heat.
- Add KELLOGG'S RICE KRISPIES cereal. Stir until well coated.
- Using 1/2-cup measuring cup coated with cooking spray divide warm cereal mixture into 12 portions. Using buttered hands shape each portion into ornament shape around licorice ends. Cool. Decorate with frosting and M&M'S® brand chocolate candies. Best if served the same day.

Nutrition Facts



Properties

Glycemic Index:14.9, Glycemic Load:20.62, Inflammation Score:-7, Nutrition Score:12.22565208829%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 241.58kcal (12.08%), Fat: 6.79g (10.45%), Saturated Fat: 2.85g (17.8%), Carbohydrates: 45.69g (15.23%), Net Carbohydrates: 41.56g (15.11%), Sugar: 26.75g (29.72%), Cholesterol: 2.25mg (0.75%), Sodium: 170.18mg (7.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.18g (6.35%), Manganese: 0.72mg (35.91%), Folate: 134.09µg (33.52%), Iron: 5.85mg (32.51%), Vitamin B1: 0.26mg (17.44%), Vitamin B6: 0.34mg (17.14%), Vitamin B3: 3.37mg (16.84%), Vitamin B12: 1µg (16.73%), Vitamin B2: 0.28mg (16.64%), Fiber: 4.12g (16.49%), Selenium: 10.91µg (15.58%), Vitamin A: 667.56IU (13.35%), Magnesium: 46.69mg (11.67%), Phosphorus: 92.98mg (9.3%), Zinc: 1.01mg (6.75%), Copper: 0.12mg (6.19%), Vitamin D: 0.66µg (4.4%), Potassium: 111.93mg (3.2%), Calcium: 28.43mg (2.84%), Vitamin B5: 0.18mg (1.81%), Vitamin E: 0.27mg (1.78%)