



Turtle RICE KRISPIES® TREATS,,ç

READY IN



15 min.

SERVINGS



12

CALORIES



323 kcal

SIDE DISH

Ingredients

- 1 oz baker's chocolate unsweetened
- 3 Tbsp butter
- 1.5 cups caramel bits divided kraft
- 6 cups kelloggâ€™™sâ€™ cocoa krispiesâ€™ cereal
- 10 oz marshmallows jet-puffed
- 0.5 cup planters pecans toasted chopped
- 1 Tbsp water

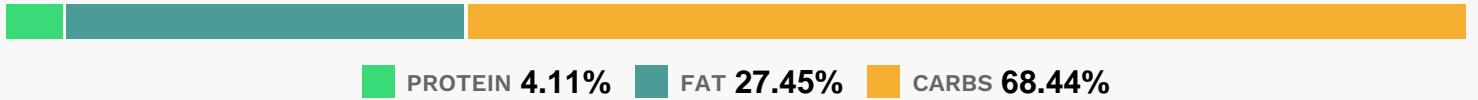
Equipment

- bowl
- frying pan
- microwave

Directions

- Microwave butter and chocolate in large microwaveable bowl on HIGH 45 sec. or until melted and well blended when stirred.
- 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 and 1 cup caramel bits; mix well. Press onto bottom of 13x9-inch pan sprayed with cooking spray.
- Microwave water and remaining caramel bits in small microwaveable bowl 45 sec.; stir until bits are completely melted.
- Drizzle over cereal mixture.
- Sprinkle with nuts; press lightly into cereal mixture to secure. Cool completely before cutting into squares.

Nutrition Facts



Properties

Glycemic Index:11.29, Glycemic Load:26.43, Inflammation Score:-6, Nutrition Score:10.910000158393%

Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg Catechin: 1.82mg, Catechin: 1.82mg, Catechin: 1.82mg, Catechin: 1.82mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 3.38mg, Epicatechin: 3.38mg, Epicatechin: 3.38mg, Epicatechin: 3.38mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg

Nutrients (% of daily need)

Calories: 322.54kcal (16.13%), Fat: 10.4g (16%), Saturated Fat: 2.53g (15.81%), Carbohydrates: 58.35g (19.45%), Net Carbohydrates: 56.52g (20.55%), Sugar: 39.86g (44.29%), Cholesterol: 2.07mg (0.69%), Sodium: 226.51mg

(9.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.51g (7.02%), Vitamin B2: 0.37mg (21.94%), Vitamin B1: 0.31mg (20.92%), Zinc: 3.06mg (20.37%), Iron: 3.62mg (20.1%), Vitamin B12: 1.1µg (18.34%), Vitamin B6: 0.36mg (17.99%), Manganese: 0.36mg (17.78%), Folate: 69.62µg (17.41%), Vitamin B3: 3.47mg (17.37%), Calcium: 114.48mg (11.45%), Phosphorus: 97.24mg (9.72%), Vitamin A: 473.29IU (9.47%), Copper: 0.18mg (9.05%), Fiber: 1.84g (7.35%), Magnesium: 28.95mg (7.24%), Vitamin C: 4.17mg (5.05%), Vitamin D: 0.67µg (4.44%), Potassium: 151.42mg (4.33%), Selenium: 2.45µg (3.5%), Vitamin B5: 0.3mg (2.97%), Vitamin E: 0.44mg (2.92%), Vitamin K: 1.28µg (1.22%)