



## Valentine's RICE KRISPIES® TREATS,,ç

 Dairy Free

READY IN



20 min.

SERVINGS



20

CALORIES



208 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 3 Tbsp butter
- 6 cups kelloggâ€™sâ€™ rice krispiesâ€™ cereal
- 20 servings decorating icings assorted
- 10 oz marshmallows jet-puffed
- 8 drops food coloring red

### Equipment

- frying pan
- sauce pan

cookie cutter

## Directions

Melt butter in large saucepan on low heat.

Add marshmallows; cook until marshmallows are completely melted and mixture is well blended, stirring constantly.

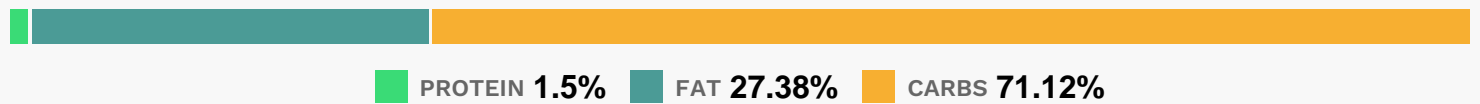
Remove from heat.

Add food coloring; mix well.

Add cereal; mix well. Press onto bottom of 15x10x1-inch pan sprayed with cooking spray. Cool completely.

Cut into heart shapes with greased 4-inch cookie cutter. Decorate with icings as desired.

## Nutrition Facts



## Properties

Glycemic Index:5.18, Glycemic Load:15.14, Inflammation Score:-3, Nutrition Score:5.4482608644859%

## Nutrients (% of daily need)

Calories: 207.59kcal (10.38%), Fat: 6.41g (9.86%), Saturated Fat: 1.23g (7.69%), Carbohydrates: 37.45g (12.48%), Net Carbohydrates: 37.27g (13.55%), Sugar: 26.48g (29.42%), Cholesterol: 0mg (0%), Sodium: 148.19mg (6.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.79g (1.58%), Folate: 62.42µg (15.61%), Iron: 2.77mg (15.42%), Manganese: 0.29mg (14.56%), Vitamin B2: 0.22mg (12.65%), Vitamin B3: 1.57mg (7.86%), Vitamin B1: 0.12mg (7.72%), Zinc: 1.15mg (7.67%), Vitamin B12: 0.45µg (7.58%), Vitamin B6: 0.15mg (7.52%), Vitamin A: 225.13IU (4.5%), Vitamin K: 3.72µg (3.54%), Vitamin E: 0.52mg (3.48%), Calcium: 31.87mg (3.19%), Selenium: 1.86µg (2.65%), Vitamin C: 1.8mg (2.18%), Vitamin D: 0.3µg (2%), Phosphorus: 18.65mg (1.86%), Copper: 0.03mg (1.74%), Vitamin B5: 0.14mg (1.37%)