



White Russian Rice Cereal Treats

READY IN



60 min.

SERVINGS



24

CALORIES



148 kcal

DESSERT

Ingredients

- 2 tablespoons rum / brandy / coffee liqueur such as kahlúa
- 3 tablespoons cup heavy whipping cream
- 1 tablespoon espresso powder instant
- 10 ounce marshmallows mini ()
- 7 ounces rice cereal such as rice krispies
- 0.3 teaspoon salt fine
- 4 tablespoons butter unsalted plus more for coating the pan ()
- 1 teaspoon water hot
- 8 ounces chocolate white coarsely chopped (not chips)

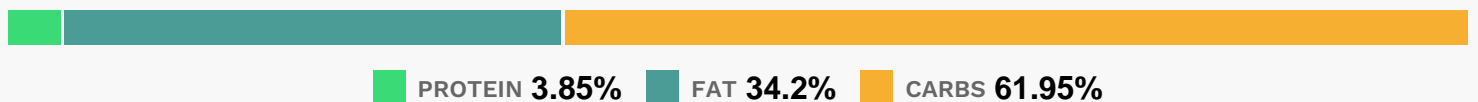
Equipment

- bowl
- frying pan
- sauce pan
- whisk
- baking pan
- dutch oven

Directions

- For the treats: Coat a 13-by-9-inch baking pan with butter and set it aside.
- Place the espresso powder in a small bowl, add the hot water, and stir until the powder has dissolved; set aside. Melt the measured butter in a large pot or Dutch oven over medium-low heat.
- Add the marshmallows and salt and cook, stirring frequently, until the marshmallows are completely melted.
- Add the dissolved espresso powder and stir to combine.
- Remove the pan from the heat, add the rice cereal, and stir until combined.
- Place the chocolate and cream in a small saucepan over low heat and stir until melted and combined (the mixture will not be completely smooth).
- Remove from the heat, add the coffee liqueur, and whisk until combined and smooth.
- Pour the mixture over the treats and spread it into an even layer.
- Let sit until the treats are completely cooled and the chocolate is set, about 30 minutes.
- Cut the treats into 24 (2-inch) squares. They can be stored in an airtight container at room temperature for up to 1 day.

Nutrition Facts



Properties

Glycemic Index:5.44, Glycemic Load:9.71, Inflammation Score:-1, Nutrition Score:1.4578260899238%

Nutrients (% of daily need)

Calories: 148.29kcal (7.41%), Fat: 5.71g (8.78%), Saturated Fat: 3.5g (21.86%), Carbohydrates: 23.25g (7.75%), Net Carbohydrates: 23.11g (8.4%), Sugar: 13.02g (14.47%), Cholesterol: 9.12mg (3.04%), Sodium: 43.54mg (1.89%), Alcohol: 0.27g (100%), Alcohol %: 0.97% (100%), Caffeine: 6.54mg (2.18%), Protein: 1.45g (2.89%), Folate: 13.66µg (3.41%), Vitamin B2: 0.05mg (3.13%), Phosphorus: 29.61mg (2.96%), Vitamin B1: 0.04mg (2.87%), Selenium: 1.6µg (2.29%), Calcium: 22.02mg (2.2%), Vitamin B3: 0.43mg (2.16%), Copper: 0.04mg (1.89%), Vitamin A: 88.71IU (1.77%), Iron: 0.3mg (1.66%), Potassium: 46.93mg (1.34%), Magnesium: 4.71mg (1.18%), Zinc: 0.17mg (1.15%), Vitamin E: 0.17mg (1.14%), Vitamin K: 1.1µg (1.04%)