



Winter CocoaMint Treats™

READY IN



30 min.

SERVINGS



12

CALORIES



171 kcal

DESSERT

Ingredients

- 3 tablespoons butter
- 6 cups kellogg's® cereal rice krispies®
- 1 teaspoon chocolate flavoring
- 10 ounce regular marshmallows
- 1.5 teaspoons peppermint extract
- 2 tablespoons cocoa powder unsweetened

Equipment

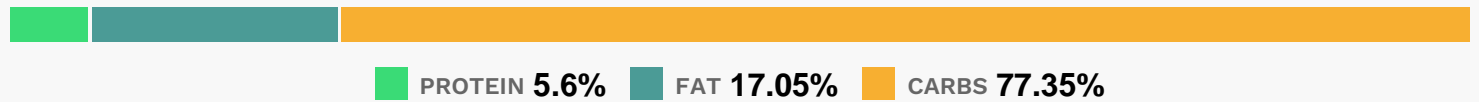
- frying pan

- sauce pan
- wax paper
- spatula

Directions

- In large saucepan melt butter over low heat.
- Add marshmallows and cocoa powder. Stir until completely melted.
- Remove from heat. Stir in peppermint and chocolate flavorings.
- Add KELLOGG'S RICE KRISPIES cereal. Stir until well coated.
- Using buttered spatula or wax paper evenly press mixture 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:14.61, Glycemic Load:20.69, Inflammation Score:-7, Nutrition Score:12.308260874013%

Flavonoids

Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg Epicatechin: 1.64mg, Epicatechin: 1.64mg, Epicatechin: 1.64mg, Epicatechin: 1.64mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 171.31kcal (8.57%), Fat: 3.54g (5.45%), Saturated Fat: 0.83g (5.17%), Carbohydrates: 36.13g (12.04%), Net Carbohydrates: 32.12g (11.68%), Sugar: 17.62g (19.57%), Cholesterol: 0mg (0%), Sodium: 160.19mg (6.96%), Alcohol: 0.17g (100%), Alcohol %: 0.45% (100%), Protein: 2.62g (5.23%), Manganese: 0.75mg (37.53%), Folate: 133.95µg (33.49%), Iron: 5.78mg (32.12%), Vitamin B1: 0.26mg (17.42%), Vitamin B6: 0.34mg (17.12%), Vitamin B3: 3.38mg (16.91%), Vitamin B2: 0.28mg (16.76%), Vitamin B12: 1µg (16.73%), Fiber: 4.01g (16.06%), Selenium: 11.03µg (15.76%), Magnesium: 51.06mg (12.76%), Vitamin A: 625.2IU (12.5%), Phosphorus: 99.25mg (9.92%), Copper: 0.16mg (7.86%), Zinc: 1.07mg (7.15%), Vitamin D: 0.66µg (4.4%), Potassium: 123.85mg (3.54%), Vitamin B5: 0.18mg (1.8%), Vitamin E: 0.26mg (1.76%), Calcium: 11.78mg (1.18%)