Date: 12/18/2008

Rice Krispie Treats with M&M's and Chocolate Dip

Lancer Management

Author
Categories
Tools
Locations
Plate/Store

			Prep
Yield	1	servings	**Cook**
Portion	6.15	oz	**Finish**
Num Portions	1		**Shelf**

Nutrition Facts

Serving Size 6.2 oz (174g)
Servings Per Container 1

Amount Per Serving

Calories 632	Calories From Fat 227
	% Daily Value
Total Fat 25g	38%
Saturated Fat 15g	69%
Cholesterol 56mg	19%
Sodium 626mg	26%
Total Carbohydrates 101g	34%
Dietary Fiber 1g	4%
Protein 5g	

Vitamin A	38%	Vitamin C	16%
Calcium	4%	Iron	16%

* Percent Daily Values are based on a 2000 calorie diet.

Nutrition Descriptors

High in Vitamin A
High in Carbohydrates
Good Source of Vitamin C
Good Source of Iron
Good Source of Protein