

# Rice Krispie Treats with M&M's and Chocolate - Xcel

Lancer Management

## Categories

Tools

Locations

Plate

Yield 1 servings

Portion 6.15 oz

Num Portions 1

Prep

Cook

Finish

Shelf

## Nutrition Facts

Serving Size 6.2 oz (174g)

Servings Per Container 1

Amount Per Serving

**Calories** 644 **Calories From Fat** 234

% Daily Value

**Total Fat** 26g 39%

Saturated Fat 5g 22%

Trans Fat 0g

**Cholesterol** 6mg 2%

**Sodium** 443mg 18%

**Total Carbohydrates** 102g 34%

Dietary Fiber 1g 6%

**Protein** 5g

Vitamin A 26% Vitamin C 8%

Calcium 3% Iron 9%

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

## Nutrition Descriptors

Low Cholesterol  
High in Vitamin A  
High in Carbohydrates  
Good Source of Protein

## Ingredients

marshmallows, M & M Minis, Rice Krispies, margarine, milk chocolate, light corn syrup

Contains: Milk