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## Krackel Candy Bar ♦♦

The Krackel Candy Bar is a classic chocolate bar that features crispy rice and milk chocolate. It is a popular treat enjoyed by people of all ages. The candy bar is often eaten as a snack or dessert.

**Recipe Type:** Standard

**Prep Time:** 15 mins

**Cook Time:** N/A

**Total Time:** 15 mins

**Recipe Yield:** 100 grams

**Number of Servings:** 10

**Serving Size:** 10 g

### Ingredients

100 g krackel candy bar

### Directions

## Step 1

Unwrap the Krackel Candy Bar.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 2

Break the candy bar into small pieces.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 3

Serve and enjoy!

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Nutrition Facts

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**Calories:** 500 kcal

**Fat:** 22 g

**Protein:** 5 g

**Carbohydrates: 70 g**

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	5 g	29.41%	29.41%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	70 g	127.27%	140%
Fibers	2 g	5.26%	8%
Sugars	50 g	N/A	N/A
Lactose	0 g	N/A	N/A

### Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	0 g	N/A	N/A
Saturated Fat	8 g	36.36%	47.06%
Fat	22 g	78.57%	88%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Cholesterol	5 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	0 mg	0%	0%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	150 mg	6.52%	6.52%
Calcium	10 mg	1%	1%
Iron	6 mg	75%	33.33%
Potassium	0 mg	0%	0%
Zinc	0 mg	0%	0%
Selenium	0 mcg	0%	0%

# Recipe Attributes

## Events

Christmas Game Day

## Cuisines

Middle Eastern

## Course

Desserts Sauces & Dressings

## Cultural

Cinco de Mayo Christmas

## Demographics

Senior Friendly Teen Friendly Lactation Friendly Allergy Friendly

## Diet

Low Carb, High Fat (LCHF) Diet Vegetarian Diet Vegan Diet Pescatarian Diet  
Ovo-Vegetarian Diet Lacto-Ovo Vegetarian Diet The F-Plan Diet  
The SlimFast Diet The HCG Diet

## Meal Type

Snack Supper

## Difficulty Level

Easy

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