

# Lump Of Coal

Yield: 4 min  
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/christmas-lump-of-coal-recipe>

## Ingredients:

- 1/4 cup butter
- 10 1/2 ounces mini marshmallows
- 4 cups rice krispie cereal, this is cut down from the regular rice krispies recipe
- black icing color, can be found at most craft stores

## Nutrition:

1. Calories: 580 calories
2. Carbohydrate: 114 grams
3. Cholesterol: 30 milligrams
4. Fat: 12 grams
5. Protein: 5 grams
6. SaturatedFat: 7 grams
7. Sodium: 140 milligrams
8. Sugar: 43 grams

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