



Chex® Lemon Buddies

 Dairy Free

READY IN



15 min.

SERVINGS



12

CALORIES



251 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup butter
- 9 cups cereal rice chex®
- 2 tablespoons juice of lemon fresh
- 4 teaspoons lemon zest grated
- 1.3 cups vanilla baking chips white
- 2 cups powdered sugar

Equipment

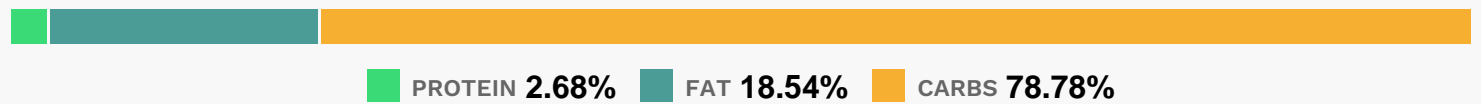
- bowl

- aluminum foil
- ziploc bags
- microwave

Directions

- Into large bowl, measure cereal; set aside.
- In 1-quart microwaveable bowl, microwave chips, butter, lemon peel and juice uncovered on High 1 minute; stir. Microwave about 30 seconds longer or until mixture can be stirred smooth.
- Pour mixture over cereal, stirring until evenly coated.
- Pour into 2-gallon resealable food-storage plastic bag.
- Add powdered sugar. Seal bag; gently shake until well coated.
- Spread on waxed paper or foil to cool. Store in airtight container.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-7, Nutrition Score:12.414347703042%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 251kcal (12.55%), Fat: 4.21g (6.48%), Saturated Fat: 0.89g (5.59%), Carbohydrates: 40.26g (13.42%), Net Carbohydrates: 39.77g (14.46%), Sugar: 24.01g (26.68%), Cholesterol: 0mg (0%), Sodium: 210.83mg (9.17%), Alcohol: 7.45g (100%), Alcohol %: 13.53% (100%), Protein: 1.37g (2.74%), Manganese: 0.78mg (38.79%), Iron: 6.79mg (37.71%), Folate: 150.69µg (37.67%), Vitamin B2: 0.35mg (20.65%), Vitamin B3: 3.84mg (19.22%), Vitamin B6: 0.38mg (19.15%), Vitamin B1: 0.29mg (19.02%), Zinc: 2.84mg (18.96%), Vitamin B12: 1.14µg (18.95%), Vitamin A: 544.68IU (10.89%), Calcium: 79.97mg (8%), Vitamin C: 6.33mg (7.68%), Selenium: 4.1µg (5.85%), Vitamin D: 0.75µg (5%), Copper: 0.07mg (3.53%), Phosphorus: 32.64mg (3.26%), Vitamin B5: 0.31mg (3.14%), Magnesium: 9.07mg (2.27%), Potassium: 76.16mg (2.18%), Fiber: 0.48g (1.93%), Vitamin E: 0.22mg (1.49%)