



Crisp Rice Cereal Sushi

 Dairy Free

READY IN



45 min.

SERVINGS



32

CALORIES



121 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup butter
- ☐ 6 cups rice cereal crisp
- ☐ 8 fruit
- ☐ 16 m&m candies worm-shaped fish-shaped
- ☐ 10 ounce marshmallows miniature

Equipment

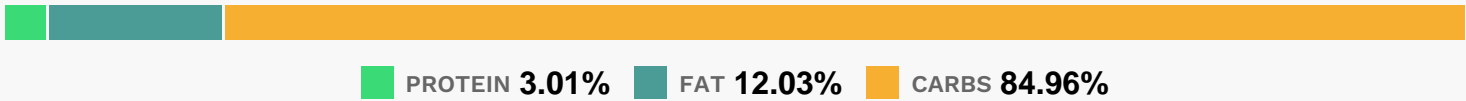
- ☐ dutch oven
- ☐ cutting board

☐ chopsticks

Directions

- ☐ Unroll fruit rolls, and place, with plastic sheet down, on cutting board.
- ☐ Melt butter in a Dutch oven over medium heat.
- ☐ Add marshmallows, stirring until melted; remove from heat. Stir in rice cereal until blended.
- ☐ Spread about 1/2 cup cereal mixture quickly over each fruit roll, leaving a 1-inch border on 1 long side. Arrange 2 worm-shaped candies or 3 fish-shaped candies lengthwise down center of cereal mixture.
- ☐ Roll up, starting at side without border. Press to seal securely. Repeat procedure with remaining fruit rolls, cereal mixture, and candies.
- ☐ Cut each roll into 4 slices.
- ☐ Serve with chopsticks, if desired.

Nutrition Facts



Properties

Glycemic Index:1.89, Glycemic Load:4.35, Inflammation Score:-3, Nutrition Score:2.2856521761126%

Nutrients (% of daily need)

Calories: 120.96kcal (6.05%), Fat: 1.71g (2.62%), Saturated Fat: 0.4g (2.48%), Carbohydrates: 27.11g (9.04%), Net Carbohydrates: 25.24g (9.18%), Sugar: 18.07g (20.08%), Cholesterol: 0.08mg (0.03%), Sodium: 29.95mg (1.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.96g (1.92%), Vitamin A: 404.31IU (8.09%), Fiber: 1.87g (7.49%), Copper: 0.1mg (5.07%), Vitamin K: 5.18µg (4.93%), Potassium: 105.37mg (3.01%), Vitamin C: 2.48mg (3.01%), Vitamin B3: 0.57mg (2.86%), Iron: 0.48mg (2.64%), Vitamin B2: 0.04mg (2.18%), Vitamin B1: 0.03mg (1.95%), Folate: 7.75µg (1.94%), Phosphorus: 18.75mg (1.87%), Magnesium: 6.91mg (1.73%), Manganese: 0.03mg (1.55%)