



Crisp Rice Cereal Sushi Bars

 Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



77 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup butter
- ☐ 6 cups rice cereal crisp
- ☐ 24 chewy candies fished-shaped
- ☐ 10 ounce marshmallows miniature

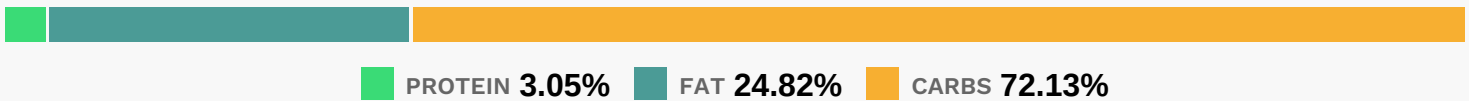
Equipment

- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Melt butter in a Dutch oven over medium heat.
- ☐ Add marshmallows, stirring until melted; remove from heat. Stir in rice cereal until blended.
- ☐ Press cereal mixture into a buttered 13- x 9-inch pan.
- ☐ Let stand 15 minutes, and cut into 2 1/2- x 1-inch rectangles. Top each bar with a fish-shaped candy.

Nutrition Facts



Properties

Glycemic Index:2.52, Glycemic Load:5.8, Inflammation Score:-1, Nutrition Score:0.55521739120393%

Nutrients (% of daily need)

Calories: 77.46kcal (3.87%), Fat: 2.2g (3.39%), Saturated Fat: 0.56g (3.51%), Carbohydrates: 14.41g (4.8%), Net Carbohydrates: 14.3g (5.2%), Sugar: 7.43g (8.25%), Cholesterol: 0.15mg (0.05%), Sodium: 32.66mg (1.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.61g (1.22%), Folate: 7.33µg (1.83%), Vitamin A: 86.82IU (1.74%), Vitamin B1: 0.02mg (1.4%), Copper: 0.02mg (1.13%)