



Lemon Buddies Chex Mix

 Dairy Free

READY IN



15 min.

SERVINGS



24

CALORIES



126 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

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

Equipment

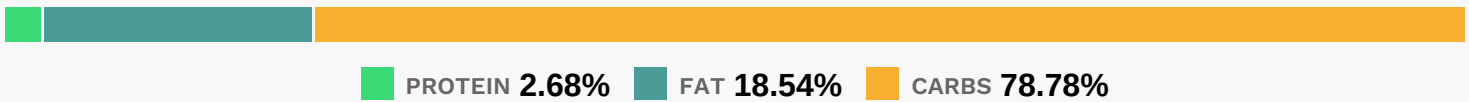
- ☐ bowl

- ☐ aluminum foil
- ☐ ziploc bags
- ☐ microwave

Directions

- ☐ Into large bowl, measure cereal; set aside.
- ☐ In 1-quart microwavable 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:-4, Nutrition Score:6.2078260588257%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg

Nutrients (% of daily need)

Calories: 125.5kcal (6.28%), Fat: 2.11g (3.24%), Saturated Fat: 0.45g (2.8%), Carbohydrates: 20.13g (6.71%), Net Carbohydrates: 19.89g (7.23%), Sugar: 12.01g (13.34%), Cholesterol: 0mg (0%), Sodium: 105.42mg (4.58%), Alcohol: 3.73g (100%), Alcohol %: 13.53% (100%), Protein: 0.69g (1.37%), Manganese: 0.39mg (19.4%), Iron: 3.39mg (18.86%), Folate: 75.34µg (18.84%), Vitamin B2: 0.18mg (10.32%), Vitamin B3: 1.92mg (9.61%), Vitamin B6: 0.19mg (9.57%), Vitamin B1: 0.14mg (9.51%), Zinc: 1.42mg (9.48%), Vitamin B12: 0.57µg (9.47%), Vitamin A: 272.34IU (5.45%), Calcium: 39.99mg (4%), Vitamin C: 3.17mg (3.84%), Selenium: 2.05µg (2.93%), Vitamin D: 0.37µg (2.5%), Copper: 0.04mg (1.77%), Phosphorus: 16.32mg (1.63%), Vitamin B5: 0.16mg (1.57%), Magnesium: 4.53mg (1.13%), Potassium: 38.08mg (1.09%)