



Lemon Buddies Chex™ Mix



Dairy Free

READY IN



15 min.

SERVINGS



24

CALORIES



144 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 9 cups rice chex
- ☐ 1.3 cups peppermint candies white
- ☐ 4 teaspoons lemon zest grated
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 2 cups powdered sugar

Equipment

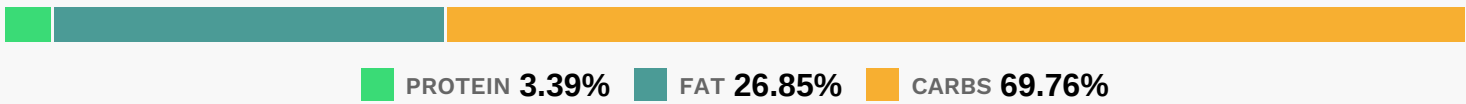
- ☐ bowl
- ☐ aluminum foil

- ☐ ziploc bags
- ☐ microwave

Directions

- ☐ Into large bowl, measure cereal; set aside.
- ☐ In 1-quart microwavable bowl, microwave chips, lemon peel and juice uncovered on High 1 minute; stir. Microwave about 30 seconds longer or until 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:6.0117391467742%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, 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: 144.21kcal (7.21%), Fat: 4.46g (6.85%), Saturated Fat: 3.7g (23.14%), Carbohydrates: 26.04g (8.68%), Net Carbohydrates: 25.8g (9.38%), Sugar: 17.63g (19.59%), Cholesterol: 0mg (0%), Sodium: 89.78mg (3.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.27g (2.53%), Folate: 75.32µg (18.83%), Iron: 3.38mg (18.78%), Manganese: 0.36mg (18.15%), Vitamin B2: 0.16mg (9.67%), Vitamin B12: 0.57µg (9.43%), Vitamin B1: 0.14mg (9.42%), Vitamin B6: 0.19mg (9.42%), Zinc: 1.41mg (9.4%), Vitamin B3: 1.88mg (9.38%), Calcium: 56.57mg (5.66%), Vitamin C: 3.16mg (3.83%), Vitamin A: 187.76IU (3.76%), Selenium: 2.05µg (2.93%), Vitamin D: 0.37µg (2.5%), Vitamin B5: 0.15mg (1.51%), Phosphorus: 15.13mg (1.51%), Copper: 0.03mg (1.38%)