

Lemon Crisps

READY IN

45 min.





DESSERT

Ingredients

0.5 cup butter

1 cup rice cereal crisp

1 eggs

18.3 ounce lemon cake mix with pudding

Equipment

baking sheet

oven

Directions □ Preheat oven to 350 degrees F (180 degrees C). □ Melt butter or margarine over low heat. □ Stir together all ingredients, including butter or margarine, and mix well. □ Shape dough into 1-inch balls and place them about 2 inches apart on ungreased cookie sheets. Press flat with thumb. □ Bake for 9 minutes or until edges are golden. Cool on cookie sheets one minute. □ Remove to wire racks to cool. Nutrition Facts □ PROTEIN 3.75% ■ FAT 34.65% □ CARBS 61.6%

Properties

Glycemic Index:1.04, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:0.98913043899381%

Nutrients (% of daily need)

Calories: 59.42kcal (2.97%), Fat: 2.31g (3.55%), Saturated Fat: 1.42g (8.87%), Carbohydrates: 9.23g (3.08%), Net Carbohydrates: 9.1g (3.31%), Sugar: 4.67g (5.19%), Cholesterol: 8.49mg (2.83%), Sodium: 94.99mg (4.13%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 0.56g (1.12%), Phosphorus: 36.26mg (3.63%), Calcium: 23.86mg (2.39%), Folate: 8.43µg (2.11%), Vitamin B2: 0.03mg (1.82%), Vitamin B1: 0.03mg (1.81%), Iron: 0.25mg (1.4%), Vitamin B3: 0.26mg (1.32%), Vitamin A: 64.04IU (1.28%), Vitamin E: 0.16mg (1.09%), Manganese: 0.02mg (1.04%)