



WHATSHATE



Lemon-White Chocolate Chewy Crispy Bars

READY IN



45 min.

SERVINGS



20

CALORIES



116 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons butter
- ☐ 4 ounces premium chocolate white chopped
- ☐ 6 cups rice cereal
- ☐ 1 tablespoon lemon rind grated
- ☐ 10 ounce marshmallows

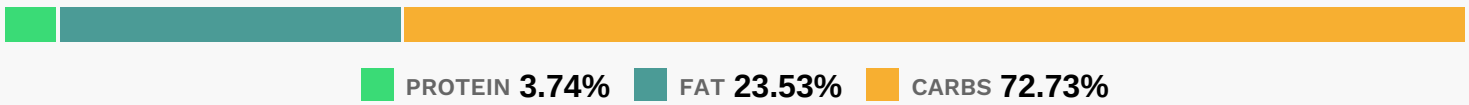
Equipment

- ☐ frying pan
- ☐ microwave

Directions

- ☐ Melt butter and marshmallows over medium-low heat. Stir lemon rind into melted marshmallows.
- ☐ Add cereal; toss well to combine. Press cereal mixture into a 13 x 9-inch pan coated with cooking spray.
- ☐ Heat white chocolate in microwave at HIGH 1 1/2 minutes or until melted, stirring every 20 seconds; drizzle over cereal mixture. Refrigerate for 15 minutes before slicing.

Nutrition Facts



Properties

Glycemic Index:9.02, Glycemic Load:9.31, Inflammation Score:-3, Nutrition Score:5.149130401404%

Nutrients (% of daily need)

Calories: 116.19kcal (5.81%), Fat: 3.14g (4.83%), Saturated Fat: 1.87g (11.68%), Carbohydrates: 21.82g (7.27%), Net Carbohydrates: 21.6g (7.86%), Sugar: 12.17g (13.52%), Cholesterol: 4.2mg (1.4%), Sodium: 90.99mg (3.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.12g (2.25%), Iron: 2.75mg (15.26%), Folate: 60.64µg (15.16%), Manganese: 0.29mg (14.58%), Vitamin B2: 0.15mg (8.61%), Vitamin B12: 0.49µg (8.12%), Zinc: 1.18mg (7.84%), Vitamin B3: 1.55mg (7.77%), Vitamin B1: 0.12mg (7.77%), Vitamin B6: 0.15mg (7.7%), Calcium: 42.42mg (4.24%), Vitamin A: 186.85IU (3.74%), Selenium: 2.1µg (3%), Vitamin C: 2.21mg (2.68%), Phosphorus: 23.47mg (2.35%), Vitamin D: 0.3µg (2%), Copper: 0.04mg (1.92%), Vitamin B5: 0.16mg (1.57%)