



Party Lemon Drop Chex® Mix

 Dairy Free

READY IN



10 min.

SERVINGS



16

CALORIES



88 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 cups rice chex rice chex®
- ☐ 0.3 cup plus
- ☐ 5 oz optional: lemon crushed
- ☐ 8 maraschino cherries
- ☐ 0.3 cup pear liqueur orange-flavored
- ☐ 1 tablespoon vodka lemon-flavored

Equipment

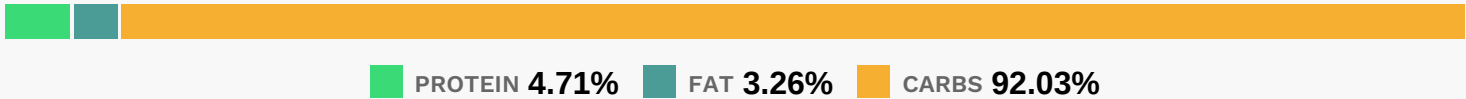
- ☐ bowl

- ☐ microwave
- ☐ measuring cup

Directions

- ☐ In large microwavable bowl, place cereal.
- ☐ In 4-cup microwavable measuring cup, microwave liqueur, corn syrup and vodka uncovered on High 1 to 1 1/2 minutes or until mixture boils and thickens.
- ☐ Pour over cereal; toss to coat. Microwave uncovered on High 3 to 4 minutes, stirring every minute, until cereal is light golden brown.
- ☐ Cool slightly; stir in crushed candy.
- ☐ Spread on waxed paper; cool completely. To serve, spoon mixture into small martini glasses; top each with cherry.

Nutrition Facts



Properties

Glycemic Index:3.72, Glycemic Load:0.92, Inflammation Score:-5, Nutrition Score:8.2647825920064%

Flavonoids

Eriodictyol: 1.89mg, Eriodictyol: 1.89mg, Eriodictyol: 1.89mg, Eriodictyol: 1.89mg Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 88.16kcal (4.41%), Fat: 0.3g (0.46%), Saturated Fat: 0.07g (0.45%), Carbohydrates: 18.91g (6.3%), Net Carbohydrates: 18.31g (6.66%), Sugar: 7.8g (8.67%), Cholesterol: 0mg (0%), Sodium: 112.81mg (4.9%), Alcohol: 1.8g (100%), Alcohol %: 6.57% (100%), Protein: 0.97g (1.93%), Iron: 4.56mg (25.33%), Folate: 101.01µg (25.25%), Manganese: 0.49mg (24.31%), Vitamin B1: 0.19mg (12.96%), Vitamin B6: 0.26mg (12.85%), Vitamin B2: 0.22mg (12.81%), Zinc: 1.91mg (12.75%), Vitamin B12: 0.75µg (12.58%), Vitamin B3: 2.51mg (12.53%), Vitamin C: 7.69mg (9.32%), Calcium: 54.3mg (5.43%), Vitamin A: 253.09IU (5.06%), Selenium: 2.72µg (3.89%), Vitamin D: 0.5µg (3.33%), Fiber: 0.6g (2.39%), Vitamin B5: 0.22mg (2.16%), Phosphorus: 21.52mg (2.15%), Copper: 0.04mg (2.1%), Magnesium: 4.91mg (1.23%), Potassium: 38.19mg (1.09%)