



3-Ingredient Crunchy Snack Mix

 Dairy Free

READY IN



15 min.

SERVINGS



20

CALORIES



69 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 cups rice chex
- 7 ounces marshmallow creme
- 6 cups butter-flavored microwave popcorn light

Equipment

- bowl
- baking sheet
- oven
- aluminum foil

microwave

Directions

Heat oven to 35

Spray cookie sheet with cooking spray.

Mix popcorn and cereal in large bowl; set aside.

Microwave marshmallow creme in medium microwavable bowl uncovered on High 1 minute; stir. Microwave about 1 minute longer or until melted; stir.

Pour over popcorn mixture, stirring until evenly coated.

Spread mixture on cookie sheet.

Bake 5 minutes; stir.

Bake about 5 minutes longer or until coating is light golden brown.

Spread on waxed paper or aluminum foil to cool. Store in tightly covered container up to 2 weeks.

Nutrition Facts



Properties

Glycemic Index:3.24, Glycemic Load:0.98, Inflammation Score:-2, Nutrition Score:3.4778260614561%

Nutrients (% of daily need)

Calories: 68.56kcal (3.43%), Fat: 1.13g (1.74%), Saturated Fat: 0.52g (3.22%), Carbohydrates: 14.88g (4.96%), Net Carbohydrates: 14.44g (5.25%), Sugar: 6.54g (7.27%), Cholesterol: 0mg (0%), Sodium: 68.86mg (2.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.63g (1.26%), Manganese: 0.22mg (10.91%), Iron: 1.86mg (10.36%), Folate: 40.51µg (10.13%), Zinc: 0.82mg (5.5%), Vitamin B6: 0.11mg (5.48%), Vitamin B3: 1.05mg (5.25%), Vitamin B2: 0.09mg (5.2%), Vitamin B1: 0.08mg (5.1%), Vitamin B12: 0.3µg (5.03%), Vitamin A: 105.82IU (2.12%), Calcium: 20.74mg (2.07%), Selenium: 1.29µg (1.85%), Fiber: 0.44g (1.77%), Phosphorus: 16.51mg (1.65%), Vitamin C: 1.2mg (1.45%), Vitamin D: 0.2µg (1.33%), Magnesium: 5.09mg (1.27%), Copper: 0.02mg (1.03%)