



All Shook Up Chex Mix

 Dairy Free

READY IN



15 min.

SERVINGS



18

CALORIES



293 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 cups pinenuts
- ☐ 3 cups rice chex
- ☐ 1 tablespoon butter
- ☐ 0.5 cup creamy peanut butter
- ☐ 0.3 cup honey
- ☐ 5.5 oz banana chips dried (2 cups)
- ☐ 8 slices bacon crumbled cooked

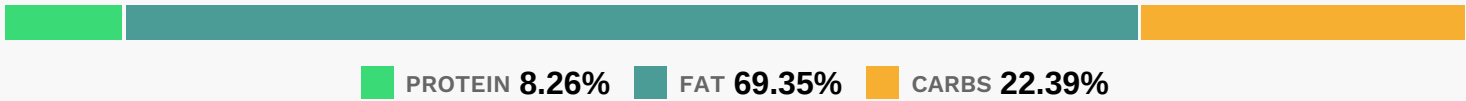
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ aluminum foil
- ☐ microwave
- ☐ measuring cup

Directions

- ☐ Line cookie sheet with waxed paper or foil. In large microwavable bowl, mix cereals.
- ☐ In 2-cup microwavable measuring cup, microwave butter, peanut butter and honey uncovered on High 1 to 2 minutes, stirring after 1 minute, until boiling.
- ☐ Pour over cereal, stirring until evenly coated.
- ☐ Microwave uncovered on High 3 minutes, stirring and scraping bowl every minute. Stir in banana chips.
- ☐ Spread on cookie sheet. Cool. Stir in bacon just before serving.

Nutrition Facts



Properties

Glycemic Index:3.68, Glycemic Load:2.2, Inflammation Score:-5, Nutrition Score:13.616956555325%

Nutrients (% of daily need)

Calories: 292.59kcal (14.63%), Fat: 23.92g (36.8%), Saturated Fat: 4.92g (30.73%), Carbohydrates: 17.38g (5.79%), Net Carbohydrates: 15.44g (5.61%), Sugar: 8.84g (9.83%), Cholesterol: 3.52mg (1.17%), Sodium: 135.38mg (5.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.41g (12.82%), Manganese: 2.39mg (119.31%), Magnesium: 77.74mg (19.43%), Vitamin E: 2.83mg (18.85%), Copper: 0.36mg (18.1%), Phosphorus: 179.34mg (17.93%), Iron: 3.03mg (16.83%), Zinc: 2.44mg (16.29%), Vitamin B3: 3.21mg (16.07%), Folate: 48.47µg (12.12%), Vitamin B1: 0.18mg (12.11%), Vitamin K: 12.31µg (11.72%), Vitamin B6: 0.18mg (8.95%), Vitamin B2: 0.15mg (8.74%), Fiber: 1.94g (7.77%), Potassium: 250.15mg (7.15%), Vitamin B12: 0.29µg (4.85%), Selenium: 3.3µg (4.72%), Vitamin B5: 0.31mg (3.1%), Calcium: 26.23mg (2.62%), Vitamin A: 126.19IU (2.52%), Vitamin C: 1.75mg (2.12%), Vitamin D: 0.18µg (1.2%)