



## Apple Pie Chex Mix

 Dairy Free

READY IN



15 min.

SERVINGS



24

CALORIES



104 kcal

DESSERT

### Ingredients

- 3 cups rice chex
- 3 cups cornflakes
- 0.5 cup walnut pieces
- 3 tablespoons butter
- 0.5 cup brown sugar packed
- 1 teaspoon ground cinnamon
- 0.5 teaspoon ground ginger
- 0.5 teaspoon nutmeg

- 2 cups apples dried coarsely chopped
- 2 oz peppermint candies white
- 1 teaspoon shortening

## Equipment

- bowl
- aluminum foil
- microwave
- measuring cup

## Directions

- In large microwavable bowl, mix cereals and walnuts.
- In 2-cup microwavable measuring cup, microwave butter on High 30 seconds or until melted. Stir in brown sugar, cinnamon, ginger and nutmeg uncovered for about 1 minute, until smooth and bubbly.
- Pour over cereal mixture; stir until evenly coated.
- Microwave uncovered on High 4 minutes, stirring after each minute.
- Spread on waxed paper or foil to cool.
- Sprinkle apples evenly over cereal mixture.
- In small microwavable bowl, microwave white vanilla baking chips and shortening uncovered on High about 1 minute or until chips can be stirred smooth.
- Drizzle over cereal mixture; let stand until set. Break into bite-size pieces. Store in airtight container.

## Nutrition Facts



## Properties

Glycemic Index:5.17, Glycemic Load:1.23, Inflammation Score:-3, Nutrition Score:4.4226086968961%

## Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg

## **Nutrients (% of daily need)**

Calories: 103.71kcal (5.19%), Fat: 4.14g (6.37%), Saturated Fat: 1.23g (7.69%), Carbohydrates: 16.9g (5.63%), Net Carbohydrates: 15.87g (5.77%), Sugar: 10.57g (11.74%), Cholesterol: 0mg (0%), Sodium: 78.39mg (3.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.06g (2.13%), Iron: 2.36mg (13.09%), Manganese: 0.25mg (12.45%), Folate: 40µg (10%), Vitamin B6: 0.15mg (7.48%), Vitamin B2: 0.12mg (7.24%), Vitamin B1: 0.1mg (6.83%), Vitamin B3: 1.36mg (6.78%), Vitamin B12: 0.37µg (6.09%), Fiber: 1.03g (4.11%), Zinc: 0.6mg (3.99%), Vitamin A: 188.4IU (3.77%), Copper: 0.07mg (3.56%), Calcium: 24.89mg (2.49%), Vitamin C: 1.8mg (2.19%), Phosphorus: 20.52mg (2.05%), Magnesium: 8.06mg (2.01%), Potassium: 63.11mg (1.8%), Selenium: 1.25µg (1.78%), Vitamin D: 0.25µg (1.67%)