



Baltimore Always More Chex Mix

 Gluten Free

READY IN



5 min.

SERVINGS



10

CALORIES



322 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup candied pecans
- ☐ 0.3 cup chocolate chips dark
- ☐ 7 oz cocoa mix dark chex mix®
- ☐ 12 chocolate
- ☐ 0.3 cup toffee chips

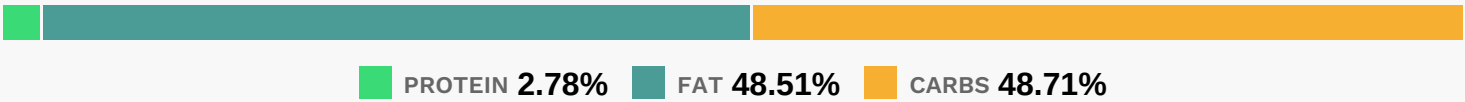
Equipment

- ☐ bowl

Directions

☐ In medium bowl, mix all ingredients.

Nutrition Facts



Properties

Glycemic Index:9.36, Glycemic Load:9.81, Inflammation Score:-2, Nutrition Score:3.635652144642%

Nutrients (% of daily need)

Calories: 322.16kcal (16.11%), Fat: 18.92g (29.1%), Saturated Fat: 11.35g (70.95%), Carbohydrates: 42.74g (14.25%), Net Carbohydrates: 39.83g (14.48%), Sugar: 35.49g (39.44%), Cholesterol: 6.2mg (2.07%), Sodium: 197.86mg (8.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 22.18mg (7.39%), Protein: 2.44g (4.87%), Fiber: 2.91g (11.65%), Copper: 0.2mg (10.06%), Magnesium: 39.82mg (9.96%), Manganese: 0.17mg (8.62%), Iron: 1.38mg (7.66%), Phosphorus: 56.95mg (5.7%), Vitamin B2: 0.09mg (5.45%), Calcium: 45.51mg (4.55%), Zinc: 0.67mg (4.47%), Potassium: 128.94mg (3.68%), Vitamin K: 2.63µg (2.5%), Selenium: 1.22µg (1.75%), Vitamin E: 0.21mg (1.42%), Vitamin A: 70.77IU (1.42%), Vitamin B3: 0.27mg (1.37%), Vitamin B6: 0.02mg (1.04%)