



Brownie Batter Chex® Mix

READY IN



55 min.

SERVINGS



8

CALORIES



468 kcal

DESSERT

Ingredients

- 9 cups corn flakes/bran flakes
- 6 oz semi chocolate chips
- 0.3 cup butter cut into pieces
- 1 cup brownie mix
- 3 tablespoons sprinkles

Equipment

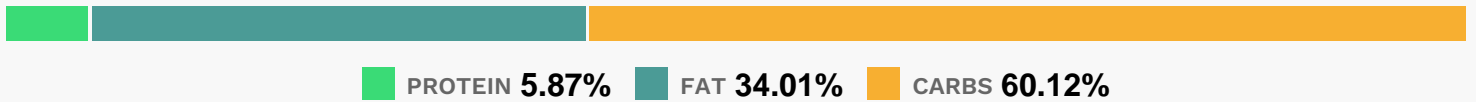
- bowl
- frying pan

- baking sheet
- oven
- microwave

Directions

- Heat oven to 250°F. Spray 15x10-inch pan or large cookie sheet with cooking spray. In large bowl, place cereal; set aside.
- In small microwavable bowl, microwave chocolate chips and butter uncovered on High 30 seconds; stir. Continue to microwave in 30-second increments until mixture can be stirred smooth.
- Drizzle mixture over cereal; toss until well coated.
- Sprinkle dry brownie mix and candy sprinkles over cereal; toss until well coated.
- Spread in single layer in pan.
- Bake uncovered 30 minutes, stirring after 15 minutes. Cool about 15 minutes. Store tightly covered at room temperature.

Nutrition Facts



Properties

Glycemic Index:15.28, Glycemic Load:20.22, Inflammation Score:-9, Nutrition Score:29.833043430163%

Nutrients (% of daily need)

Calories: 467.85kcal (23.39%), Fat: 18.62g (28.64%), Saturated Fat: 9.46g (59.14%), Carbohydrates: 74.06g (24.69%), Net Carbohydrates: 64.12g (23.32%), Sugar: 34.26g (38.07%), Cholesterol: 16.53mg (5.51%), Sodium: 377.09mg (16.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 18.29mg (6.1%), Protein: 7.24g (14.47%), Manganese: 1.89mg (94.37%), Iron: 14.78mg (82.09%), Folate: 300.36µg (75.09%), Fiber: 9.94g (39.74%), Vitamin B1: 0.59mg (39.48%), Vitamin B6: 0.77mg (38.62%), Vitamin B3: 7.7mg (38.48%), Vitamin B12: 2.3µg (38.34%), Vitamin B2: 0.64mg (37.81%), Selenium: 25.48µg (36.4%), Magnesium: 140.61mg (35.15%), Vitamin A: 1312.9IU (26.26%), Phosphorus: 259.03mg (25.9%), Copper: 0.49mg (24.52%), Zinc: 2.82mg (18.8%), Potassium: 362.11mg (10.35%), Vitamin D: 1.49µg (9.9%), Vitamin B5: 0.46mg (4.62%), Vitamin E: 0.64mg (4.24%), Calcium: 34.69mg (3.47%), Vitamin K: 2.66µg (2.53%)