



## Buckeye Chex Mix

READY IN



20 min.

SERVINGS



22

CALORIES



172 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 6 cups corn flakes/bran flakes
- 1 cup hazelnuts (filberts)
- 0.5 cup peanut butter
- 0.3 cup brown sugar packed
- 1 tablespoon butter
- 8 oz peanut butter cups ()

## Equipment

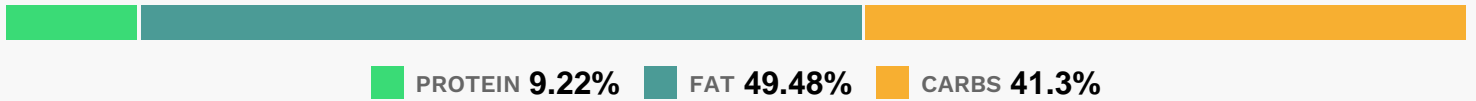
- bowl

- baking sheet
- microwave
- measuring cup

## Directions

- Line cookie sheet with waxed paper. In large microwavable bowl, mix cereal and hazelnuts.
- In 2-cup microwavable measuring cup, microwave peanut butter, brown sugar and butter uncovered on High 1 minute; stir. Microwave 30 seconds to 1 minute longer or until mixture is boiling; stir.
- Pour over cereal mixture, stirring until evenly coated.
- Microwave uncovered on High 3 minutes, stirring and scraping bowl every minute.
- Spread on cookie sheet; refrigerate 5 minutes to cool. Stir in peanut butter candies. Store in airtight container.

## Nutrition Facts



## Properties

Glycemic Index:6.88, Glycemic Load:5.1, Inflammation Score:-6, Nutrition Score:10.231739202271%

## Flavonoids

Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg

## Nutrients (% of daily need)

Calories: 172.2kcal (8.61%), Fat: 10.2g (15.7%), Saturated Fat: 2.31g (14.43%), Carbohydrates: 19.16g (6.39%), Net Carbohydrates: 15.99g (5.81%), Sugar: 10.17g (11.3%), Cholesterol: 1.99mg (0.66%), Sodium: 125.66mg (5.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.28g (8.55%), Manganese: 0.81mg (40.68%), Folate: 89.17µg (22.29%), Iron: 3.56mg (19.75%), Vitamin B3: 3.17mg (15.83%), Vitamin B1: 0.2mg (13.43%), Fiber: 3.18g (12.71%), Vitamin B6: 0.25mg (12.68%), Magnesium: 50.41mg (12.6%), Vitamin B2: 0.18mg (10.69%), Phosphorus: 101.53mg (10.15%), Copper: 0.2mg (9.95%), Vitamin E: 1.47mg (9.78%), Vitamin B12: 0.57µg (9.56%), Selenium: 6.28µg (8.97%), Zinc: 0.96mg (6.41%), Vitamin A: 295.49IU (5.91%), Potassium: 167.14mg (4.78%), Vitamin B5: 0.27mg

(2.75%), Calcium: 24.16mg (2.42%), Vitamin D: 0.36µg (2.4%), Vitamin K: 1.2µg (1.14%)