



Buckeye Chex Mix



Gluten Free

READY IN



20 min.

SERVINGS



22

CALORIES



377 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup brown sugar packed
- ☐ 1 tablespoon butter
- ☐ 6 cups chocolate chocolate chex®
- ☐ 1 cup hazelnuts (filberts)
- ☐ 0.5 cup peanut butter
- ☐ 8 oz peanut butter candy pieces ()

Equipment

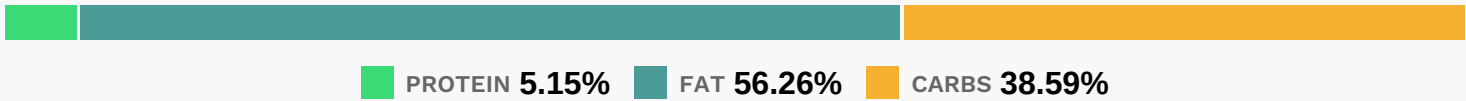
- ☐ bowl

- ☐ 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:7.89, Glycemic Load:14.41, Inflammation Score:-3, Nutrition Score:8.1995652117159%

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: 376.54kcal (18.83%), Fat: 25.71g (39.55%), Saturated Fat: 12.44g (77.73%), Carbohydrates: 39.67g (13.22%), Net Carbohydrates: 35.93g (13.07%), Sugar: 33.33g (37.04%), Cholesterol: 1.37mg (0.46%), Sodium: 57.58mg (2.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 31.5mg (10.5%), Protein: 5.3g (10.59%), Manganese: 0.77mg (38.68%), Copper: 0.44mg (21.79%), Magnesium: 82.04mg (20.51%), Fiber: 3.74g (14.98%), Phosphorus: 127.45mg (12.74%), Vitamin E: 1.59mg (10.62%), Iron: 1.74mg (9.69%), Vitamin B3: 1.83mg (9.13%), Vitamin B2: 0.15mg (9.11%), Zinc: 1.12mg (7.46%), Potassium: 249.06mg (7.12%), Vitamin B1: 0.07mg (4.75%), Folate: 18.35µg (4.59%), Vitamin B6: 0.09mg (4.48%), Vitamin K: 4.45µg (4.24%), Calcium: 29.89mg (2.99%), Selenium:

1.83µg (2.61%), Vitamin B5: 0.21mg (2.13%)