



WHATSheATE



Buttery Trail Chex Mix



Dairy Free

READY IN



15 min.

SERVINGS



16

CALORIES



452 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup butter melted
- ☐ 1 cup m&m candies
- ☐ 12 oz chop roasted peanuts dry
- ☐ 1 cup raisins
- ☐ 4 cups wheat chex

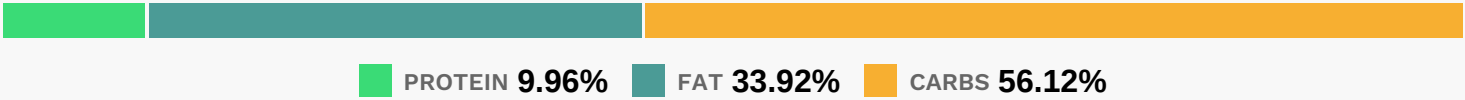
Equipment

- ☐ bowl

Directions

- ☐ In large bowl, mix cereal and melted butter; toss to coat.
- ☐ Add remaining ingredients; toss to mix. Store in airtight container.

Nutrition Facts



Properties

Glycemic Index:3.67, Glycemic Load:3.82, Inflammation Score:-9, Nutrition Score:31.405217492062%

Nutrients (% of daily need)

Calories: 452.24kcal (22.61%), Fat: 18.71g (28.79%), Saturated Fat: 4.33g (27.05%), Carbohydrates: 69.65g (23.22%), Net Carbohydrates: 59.35g (21.58%), Sugar: 15.46g (17.18%), Cholesterol: 1.95mg (0.65%), Sodium: 482.92mg (21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.37g (24.74%), Vitamin D: 50.32µg (335.48%), Folate: 524.31µg (131.08%), Iron: 18.85mg (104.73%), Zinc: 7.21mg (48.08%), Vitamin B3: 9.46mg (47.28%), Fiber: 10.3g (41.2%), Vitamin B6: 0.75mg (37.29%), Vitamin B2: 0.6mg (35%), Vitamin B1: 0.51mg (34.32%), Vitamin B12: 1.89µg (31.54%), Phosphorus: 273.8mg (27.38%), Manganese: 0.47mg (23.35%), Magnesium: 91.03mg (22.76%), Vitamin A: 827.31IU (16.55%), Calcium: 157.17mg (15.72%), Potassium: 425.49mg (12.16%), Vitamin C: 8.13mg (9.85%), Vitamin E: 1.19mg (7.97%), Copper: 0.12mg (5.92%), Vitamin B5: 0.3mg (3.05%), Selenium: 2.03µg (2.9%)