



## Chex® Caramel-Chocolate Drizzles

READY IN



90 min.

SERVINGS



14

CALORIES



115 kcal

SIDE DISH

### Ingredients

- ☐ 2 tablespoons butter
- ☐ 0.5 bag individually wrapped caramels (14-oz size) ( 25)
- ☐ 3 cups corn chex corn chex®
- ☐ 3 cups rice chex rice chex®
- ☐ 2 tablespoons milk
- ☐ 0.3 cup semi chocolate chips melted

### Equipment

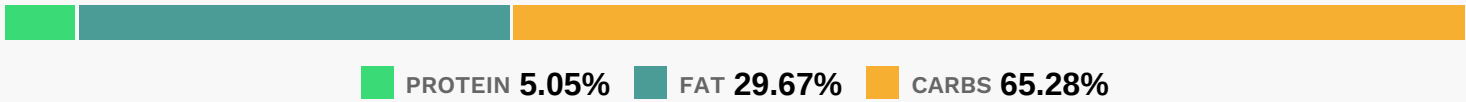
- ☐ bowl

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ microwave

## Directions

- ☐ Heat oven to 300°F. Grease 15x10x1-inch pan. In large bowl, mix cereals.
- ☐ In 2-quart saucepan, heat milk, butter and caramels over low heat, stirring constantly, until caramels are melted.
- ☐ Pour over cereals, stirring until evenly coated.
- ☐ Spread in pan.
- ☐ Bake 20 to 24 minutes, stirring after 10 minutes, until golden brown.
- ☐ Spread on waxed paper to cool, about 15 minutes.
- ☐ In microwavable bowl, microwave chocolate chips uncovered on High about 1 minute or until chocolate can be stirred smooth (bowl will be hot).
- ☐ Drizzle chocolate over snack. Refrigerate about 30 minutes or until chocolate is set. Store in airtight container.

## Nutrition Facts



## Properties

Glycemic Index:7.36, Glycemic Load:4.6, Inflammation Score:-5, Nutrition Score:7.2830435115358%

## Nutrients (% of daily need)

Calories: 115.34kcal (5.77%), Fat: 3.92g (6.03%), Saturated Fat: 1.36g (8.52%), Carbohydrates: 19.39g (6.46%), Net Carbohydrates: 18.7g (6.8%), Sugar: 8.45g (9.39%), Cholesterol: 1.09mg (0.36%), Sodium: 136.88mg (5.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.5g (3%), Iron: 3.88mg (21.54%), Folate: 86.1µg (21.53%), Manganese: 0.27mg (13.65%), Vitamin B2: 0.21mg (12.56%), Zinc: 1.74mg (11.61%), Vitamin B12: 0.69µg (11.48%), Vitamin B1: 0.17mg (11.46%), Vitamin B6: 0.22mg (11.08%), Vitamin B3: 2.18mg (10.91%), Vitamin A: 401.89IU (8.04%), Calcium: 60.66mg (6.07%), Phosphorus: 38.5mg (3.85%), Selenium: 2.41µg (3.44%), Copper: 0.07mg (3.32%), Vitamin C: 2.61mg (3.17%), Vitamin D: 0.45µg (3%), Magnesium: 10.99mg (2.75%), Fiber: 0.69g (2.74%), Vitamin B5: 0.19mg (1.92%), Potassium: 65.73mg (1.88%), Vitamin E: 0.16mg (1.07%)