



Chex® Caramel-Chocolate Drizzles

READY IN



90 min.

SERVINGS



14

CALORIES



112 kcal

SIDE DISH

Ingredients

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

Equipment

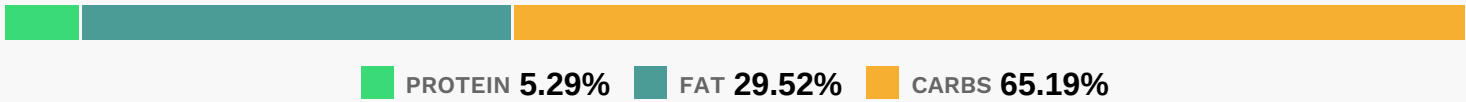
- ☐ bowl

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

Directions

- ☐ Heat oven to 300F. 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:-4, Nutrition Score:6.557826112146%

Nutrients (% of daily need)

Calories: 112.18kcal (5.61%), Fat: 3.78g (5.82%), Saturated Fat: 1.34g (8.4%), Carbohydrates: 18.79g (6.26%), Net Carbohydrates: 18.21g (6.62%), Sugar: 8.28g (9.2%), Cholesterol: 1.09mg (0.36%), Sodium: 132.85mg (5.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.52g (3.05%), Iron: 3.88mg (21.54%), Folate: 64.68µg (16.17%), Manganese: 0.26mg (13.04%), Vitamin B2: 0.21mg (12.49%), Vitamin B1: 0.17mg (11.51%), Vitamin B12: 0.67µg (11.17%), Vitamin B6: 0.22mg (11.11%), Vitamin B3: 2.19mg (10.94%), Zinc: 1mg (6.65%), Vitamin A: 294.76IU (5.9%), Calcium: 39.5mg (3.95%), Phosphorus: 36.05mg (3.6%), Copper: 0.07mg (3.43%), Vitamin C: 2.58mg (3.13%), Vitamin D: 0.45µg (3.02%), Selenium: 2.11µg (3.01%), Magnesium: 11.6mg (2.9%), Fiber: 0.57g (2.28%), Potassium: 62.73mg (1.79%), Vitamin B5: 0.17mg (1.75%), Vitamin E: 0.15mg (1.01%)