



Chex® & Cheerios® PB&J Snack Mix

 Dairy Free

READY IN



30 min.

SERVINGS



9

CALORIES



512 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 3 cups bread
- 3 cups corn flakes/bran flakes
- 2 cups pretzel sticks thin
- 1 cup fruit
- 12 oz peppermint candies white (2 cups)

Equipment

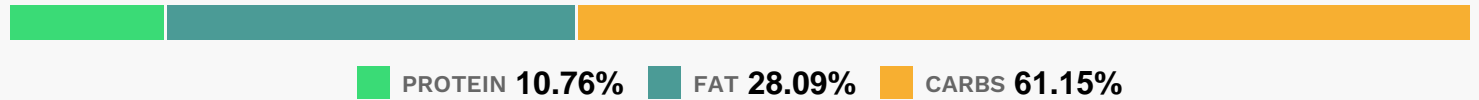
- bowl
- baking paper

microwave

Directions

- In large bowl, mix cereals, pretzels and fruit snacks.
- In small microwavable bowl, microwave baking chips uncovered on High in 30-second increments, stirring until chips are melted and smooth.
- Pour over cereal mixture and stir until well coated.
- Spread mixture in single layer on sheet of waxed paper or cooking parchment paper.
- Let stand until hardened.

Nutrition Facts



Properties

Glycemic Index:24.99, Glycemic Load:34.34, Inflammation Score:-7, Nutrition Score:21.834347911503%

Nutrients (% of daily need)

Calories: 512.09kcal (25.6%), Fat: 16.54g (25.44%), Saturated Fat: 11.88g (74.26%), Carbohydrates: 80.99g (27%), Net Carbohydrates: 72.97g (26.53%), Sugar: 30.66g (34.07%), Cholesterol: 0mg (0%), Sodium: 605.95mg (26.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.25g (28.51%), Manganese: 2.28mg (114.13%), Selenium: 27.89µg (39.85%), Folate: 145.11µg (36.28%), Vitamin B1: 0.54mg (35.84%), Iron: 6.4mg (35.58%), Vitamin B3: 6.48mg (32.4%), Fiber: 8.02g (32.06%), Phosphorus: 246.14mg (24.61%), Magnesium: 96.18mg (24.05%), Vitamin B2: 0.37mg (21.48%), Vitamin B6: 0.41mg (20.52%), Calcium: 195.79mg (19.58%), Zinc: 2.21mg (14.72%), Copper: 0.28mg (14.2%), Vitamin B12: 0.67µg (11.11%), Potassium: 319.41mg (9.13%), Vitamin A: 415.23IU (8.3%), Vitamin K: 7.9µg (7.52%), Vitamin B5: 0.71mg (7.1%), Vitamin E: 0.59mg (3.91%), Vitamin D: 0.44µg (2.93%), Vitamin C: 0.84mg (1.02%)