



Chex™ Chocolate Malt-Cherry Mix

READY IN



15 min.

SERVINGS



25

CALORIES



214 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 cups cornflakes
- 2 cups rice chex
- 2 cups wheat chex
- 1 cup roasted peanuts
- 1 cup semi chocolate chips
- 0.3 cup butter
- 1 cup liquid malt extract
- 2 cups marshmallows miniature
- 1.5 cups malted milk balls coarsely chopped

0.5 cup cherries dried chopped

Equipment

bowl

microwave

Directions

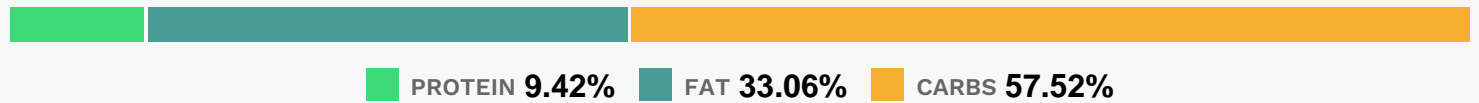
In large bowl, mix cereals and peanuts.

In 1-quart microwavable bowl, microwave chocolate chips and butter on High 1 minute; stir. Microwave 30 seconds longer or until mixture can be stirred smooth.

Pour over cereal mixture, stirring until evenly coated.

Gradually stir in malted milk powder until evenly coated. Stir in remaining ingredients. spread on waxed paper to cool. Store in airtight container.

Nutrition Facts



Properties

Glycemic Index:2.42, Glycemic Load:1.97, Inflammation Score:-7, Nutrition Score:17.110000027263%

Nutrients (% of daily need)

Calories: 214.18kcal (10.71%), Fat: 8.38g (12.9%), Saturated Fat: 2.66g (16.63%), Carbohydrates: 32.82g (10.94%), Net Carbohydrates: 28.96g (10.53%), Sugar: 10.98g (12.2%), Cholesterol: 1.63mg (0.54%), Sodium: 213.78mg (9.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 6.19mg (2.06%), Protein: 5.37g (10.75%), Vitamin D: 16.26µg (108.42%), Folate: 194.8µg (48.7%), Iron: 7.84mg (43.54%), Vitamin B3: 4.01mg (20.06%), Zinc: 2.8mg (18.64%), Vitamin B2: 0.3mg (17.36%), Vitamin B1: 0.26mg (17.16%), Manganese: 0.33mg (16.31%), Vitamin B6: 0.32mg (15.98%), Fiber: 3.87g (15.46%), Vitamin B12: 0.89µg (14.87%), Phosphorus: 125.94mg (12.59%), Magnesium: 44.91mg (11.23%), Vitamin A: 463.36IU (9.27%), Calcium: 76.55mg (7.65%), Copper: 0.15mg (7.62%), Potassium: 201.48mg (5.76%), Vitamin C: 3.51mg (4.26%), Selenium: 2.54µg (3.63%), Vitamin B5: 0.17mg (1.73%)