



Chex Mix® Peanut Clusters

 Dairy Free

READY IN



75 min.

SERVINGS



20

CALORIES



185 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 12 oz candy coating disks (almond bark)
- 0.3 cup creamy peanut butter
- 8.8 oz asian rice cracker snack mix traditional chex mix®
- 1 cup fruit cocktail
- 1 serving sprinkles

Equipment

- bowl
- baking sheet

wax paper

microwave

Directions

Line two cookie sheets with wax paper.

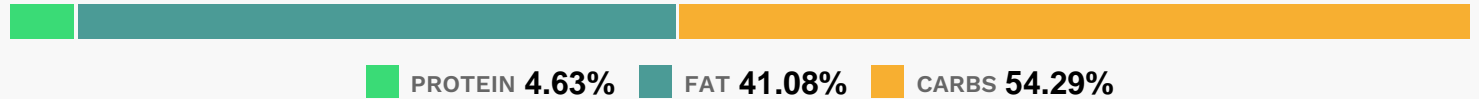
In large microwave safe bowl, heat almond bark for 2 minutes on high heat, stirring every minute until melted. Stir in peanut butter until mixture is smooth.

Add snack mix and peanuts, stirring until completely coated.

Drop mixture by 1/4 cupfuls onto cookie sheet; sprinkle with colored sugar.

Let stand until firm, about 1 hour. Store tightly covered at room temperature.

Nutrition Facts



Properties

Glycemic Index:3.45, Glycemic Load:1.03, Inflammation Score:-1, Nutrition Score:2.6439130383989%

Nutrients (% of daily need)

Calories: 184.89kcal (9.24%), Fat: 8.33g (12.82%), Saturated Fat: 5.52g (34.49%), Carbohydrates: 24.77g (8.26%), Net Carbohydrates: 23.73g (8.63%), Sugar: 15.65g (17.39%), Cholesterol: 0.5mg (0.17%), Sodium: 110.43mg (4.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.11g (4.22%), Manganese: 0.18mg (9.15%), Vitamin B3: 1.24mg (6.21%), Folate: 18.82µg (4.71%), Fiber: 1.05g (4.19%), Vitamin E: 0.57mg (3.83%), Phosphorus: 36.99mg (3.7%), Iron: 0.66mg (3.64%), Magnesium: 14.2mg (3.55%), Vitamin B1: 0.05mg (3.48%), Vitamin B2: 0.05mg (2.92%), Vitamin B6: 0.05mg (2.45%), Copper: 0.05mg (2.36%), Zinc: 0.33mg (2.18%), Vitamin K: 2.15µg (2.05%), Potassium: 60.94mg (1.74%), Selenium: 1.11µg (1.58%), Vitamin B5: 0.11mg (1.11%)