



Chex Mix® Peanut Clusters

 Dairy Free

READY IN



75 min.

SERVINGS



20

CALORIES



264 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 12 oz candy coating disks (almond bark)
- ☐ 8.8 oz asian rice cracker snack mix traditional chex mix®
- ☐ 0.3 cup creamy peanut butter
- ☐ 1 cup peanuts
- ☐ 20 servings sugar

Equipment

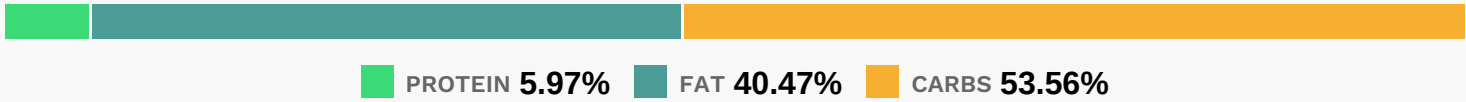
- ☐ bowl
- ☐ baking sheet

- ☐ 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:4.92, Glycemic Load:8.55, Inflammation Score:-2, Nutrition Score:4.3556521737381%

Nutrients (% of daily need)

Calories: 263.69kcal (13.18%), Fat: 11.96g (18.39%), Saturated Fat: 6.05g (37.81%), Carbohydrates: 35.6g (11.87%), Net Carbohydrates: 33.99g (12.36%), Sugar: 25.49g (28.32%), Cholesterol: 0.5mg (0.17%), Sodium: 111.43mg (4.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.97g (7.94%), Manganese: 0.36mg (17.92%), Vitamin B3: 2.36mg (11.8%), Folate: 35.98µg (8.99%), Magnesium: 27.32mg (6.83%), Vitamin B1: 0.1mg (6.62%), Fiber: 1.62g (6.48%), Phosphorus: 63.99mg (6.4%), Copper: 0.11mg (5.27%), Iron: 0.91mg (5.06%), Vitamin B2: 0.06mg (3.5%), Vitamin E: 0.51mg (3.42%), Vitamin B6: 0.07mg (3.42%), Zinc: 0.47mg (3.15%), Potassium: 104.73mg (2.99%), Selenium: 1.64µg (2.35%), Vitamin B5: 0.23mg (2.32%), Vitamin K: 1.84µg (1.75%), Calcium: 16.17mg (1.62%)