



 **62%**
HEALTH SCORE

Chex® Muddy Buddies®

 Dairy Free  Very Healthy

READY IN



15 min.

SERVINGS



18

CALORIES



566 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup butter
- 9 cups wheat chex corn chex® rice chex® wheat chex® chocolate chex® (or combination)
- 0.5 cup peanut butter
- 1.5 cups powdered sugar
- 1 cup semi chocolate chips
- 1 teaspoon vanilla

Equipment

- bowl

ziploc bags

microwave

Directions

Into large bowl, measure cereal; set aside.

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

Pour mixture over cereal, stirring until evenly coated.

Pour into 2-gallon resealable food-storage plastic bag.

Add powdered sugar. Seal bag; shake until well coated.

Spread on waxed paper to cool. Store in airtight container in refrigerator.

Nutrition Facts



PROTEIN 9.38% **FAT 17.85%** **CARBS 72.77%**

Properties

Glycemic Index:0.78, Glycemic Load:0.18, Inflammation Score:-10, Nutrition Score:42.232173517994%

Nutrients (% of daily need)

Calories: 565.59kcal (28.28%), Fat: 12.54g (19.29%), Saturated Fat: 3.45g (21.58%), Carbohydrates: 115.03g (38.34%), Net Carbohydrates: 98.79g (35.92%), Sugar: 26.81g (29.78%), Cholesterol: 0.6mg (0.2%), Sodium: 741.25mg (32.23%), Alcohol: 0.08g (100%), Alcohol %: 0.07% (100%), Caffeine: 8.6mg (2.87%), Protein: 14.83g (29.66%), Vitamin D: 100.64µg (670.96%), Folate: 1012.92µg (253.23%), Iron: 37mg (205.58%), Zinc: 13.66mg (91.07%), Vitamin B3: 13.62mg (68.11%), Fiber: 16.24g (64.95%), Vitamin B6: 1.29mg (64.7%), Vitamin B2: 1.09mg (64.21%), Vitamin B1: 0.96mg (63.82%), Vitamin B12: 3.8µg (63.27%), Phosphorus: 428.51mg (42.85%), Magnesium: 130.48mg (32.62%), Vitamin A: 1375.83IU (27.52%), Calcium: 262.39mg (26.24%), Vitamin C: 15.1mg (18.31%), Potassium: 526.84mg (15.05%), Manganese: 0.24mg (11.92%), Copper: 0.16mg (7.79%), Vitamin E: 0.81mg (5.4%), Selenium: 1.19µg (1.71%), Vitamin B5: 0.11mg (1.09%)