



## Chex® Muddy Buddies

 Dairy Free

READY IN



15 min.

SERVINGS



18

CALORIES



228 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 0.3 cup butter
- 9 cups corn flakes/bran flakes (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 6.97%** **FAT 38.72%** **CARBS 54.31%**

## Properties

Glycemic Index:4.79, Glycemic Load:9.16, Inflammation Score:-8, Nutrition Score:14.683043324834%

## Nutrients (% of daily need)

Calories: 228.49kcal (11.42%), Fat: 10.45g (16.08%), Saturated Fat: 3.53g (22.08%), Carbohydrates: 32.98g (10.99%), Net Carbohydrates: 28.17g (10.24%), Sugar: 17.95g (19.95%), Cholesterol: 0.6mg (0.2%), Sodium: 169.7mg (7.38%), Alcohol: 0.08g (100%), Alcohol %: 0.19% (100%), Caffeine: 8.6mg (2.87%), Protein: 4.23g (8.47%), Manganese: 0.95mg (47.6%), Iron: 6.36mg (35.35%), Folate: 139.59µg (34.9%), Vitamin B3: 4.38mg (21.89%), Fiber: 4.8g (19.22%), Magnesium: 75.63mg (18.91%), Vitamin B6: 0.38mg (18.78%), Vitamin B1: 0.27mg (18.23%), Vitamin B2: 0.3mg (17.76%), Vitamin B12: 1.02µg (17.02%), Selenium: 11.69µg (16.71%), Phosphorus: 140.83mg (14.08%), Copper: 0.26mg (12.79%), Vitamin A: 617.77IU (12.36%), Zinc: 1.45mg (9.66%), Vitamin E: 0.96mg (6.42%), Potassium: 205.57mg (5.87%), Vitamin D: 0.66µg (4.4%), Vitamin B5: 0.28mg (2.82%), Calcium: 19.58mg (1.96%)